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LADIES' HOME JOURNAL  
January 1982

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JANUARY  
1982

LADIES'  
HOME

Best American Test-Tube Baby  
Exclusive story and pictures

Test-tube baby & happy mom



If he still isn't  
helping  
around the  
house,  
see  
page 56

EIGHT  
WATCHERS  
report

inspiring  
makeovers:  
How we lost from  
to 158 pounds"

new health hazards  
you must avoid

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# LADIES' HOME Journal®

Incorporating Needle & Craft

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## Editor's Journal By Myrna Blyth



Writer Bonnie Remsberg cuddles three-day-old Samantha.

It was last May, just after I became editor of the *Journal*, when a member of the staff told me some very confidential—and very terrific—news. The first American test-tube baby would soon be born. But, we were told, the parents were very private people and probably would not want any publicity. Still, how could we resist going after such a special and fascinating story? Sondra Enos, our intrepid Articles Editor, contacted the parents-to-be, Laurie and Jon Steel. I called Bonnie Remsberg, an award-winning journalist who has written for many magazines. If the Steels agreed, I knew Bonnie, who is a delightful person and a marvelous writer, would be the one to tell their tale. As it turned out, yes, Laurie and Jon would share their story—but only with *Ladies' Home Journal*, a magazine they considered a longtime friend. During the next months, Bonnie spent many days with Laurie and Jon. She was there for the birth. How did Bonnie feel about her unusual assignment? I think you can guess from her expression in the enchanting picture above.

What else is new in this January issue? A new column with an old, revered name: "How America Lives" on page 34. Each month the column will focus on diverse and interesting people all over the country who are solving the problems we all share, enriching the lives of others, fulfilling themselves and, often, just having fun!

At the *Journal*, we're also starting the new year with a new art director. Tamara Schneider comes to us after six years as Art Director of *Seventeen* magazine. Married, and the mother of two sons, 14 and 11, and an eight-year-old daughter, Tamara is going to make our pages more beautiful than ever. By the way, LHM is the largest women's magazine with both a woman editor and a woman art director.

In 1982, I wish health, peace and prosperity for you and yours—and that you keep the New Year's resolutions you *really* want to keep.

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# Which is the lowest 100's? (Hint: it's not Carlton.)

**N**ow is the lowest tar 100s. But it's easy to see why some people think the right answer is Carlton. Carlton's been advertising itself as lowest for a very long time. And, in fact, at one time, it was.

But that time is long gone. Look at the chart on the right and see for yourself.

The truth is that today, Now 100s Soft Pack,

at 2 mg., contains less than half the tar of Carlton 100s Soft Pack, at 5 mg. (Is any

cigarette with 5 mg. of tar even seriously competing for the title of "lowest?")

And Now 100s Box is by far and away lower in tar than any other 100s whatsoever.

Which is the lowest 100s? No need to guess—Now.



**NUMBERS DON'T LIE. NOW 100s  
ARE LOWER THAN CARLTON 100s.**

	100's soft pack regular	100's soft pack menthol	100's box
<b>NOW</b>	<b>2mg</b>	<b>2mg</b>	<b>Less than 0.01mg</b>
<b>CARLTON</b>	<b>5mg</b>	<b>5mg</b>	<b>1mg</b>

All tar numbers are av. per cigarette by FTC method.

**NOW**  
**The Lowest**  
**The lowest in tar of all brands.**

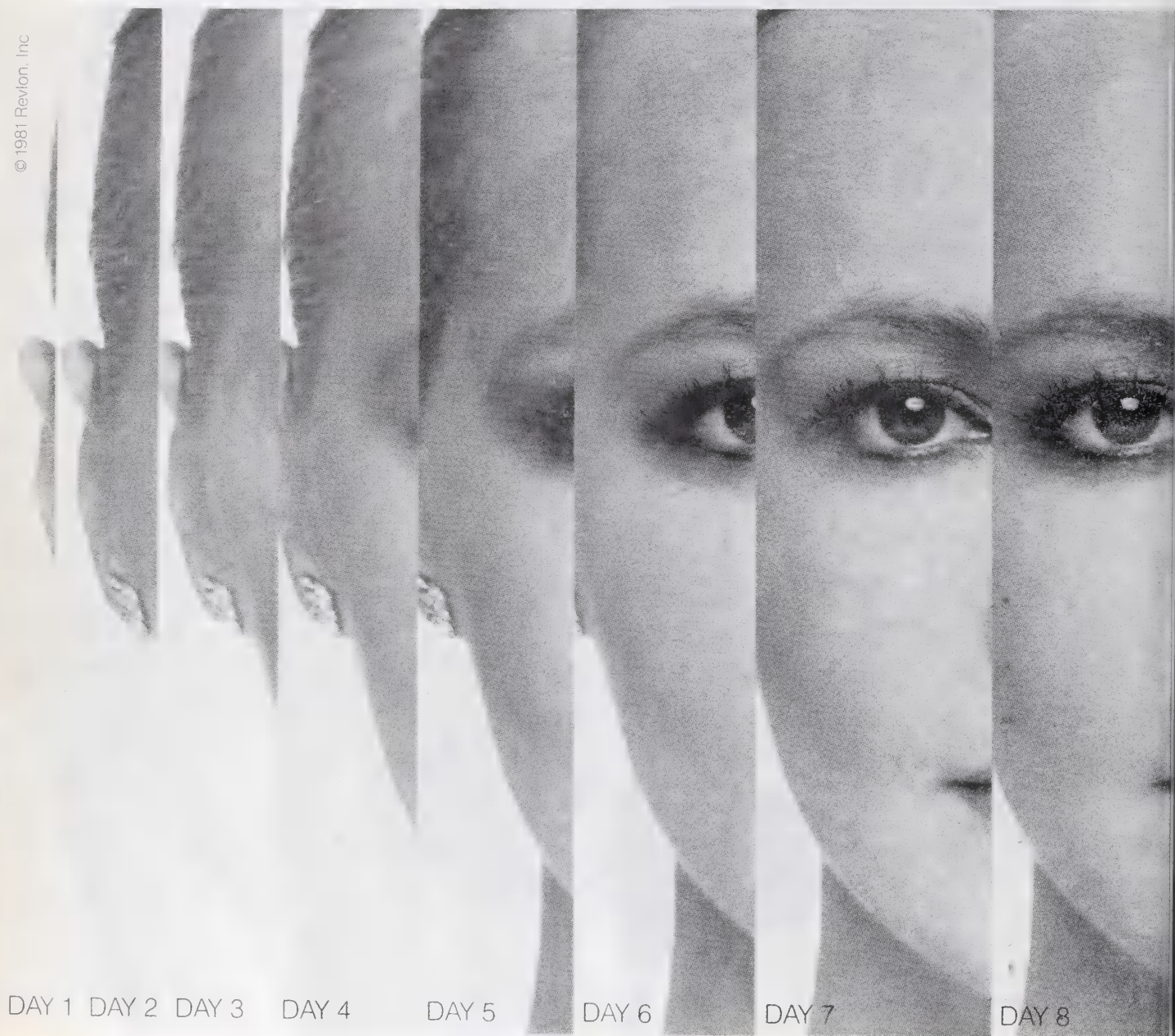
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his on Jan.1,  
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The exceptional 10-day beauty cream  
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From  
**REVLON**

# Journal

NEVER UNDERESTIMATE THE POWER OF A WOMAN.

Incorporating Needle &amp; Craft



VOL. XCVIV NO.1

JANUARY 1982

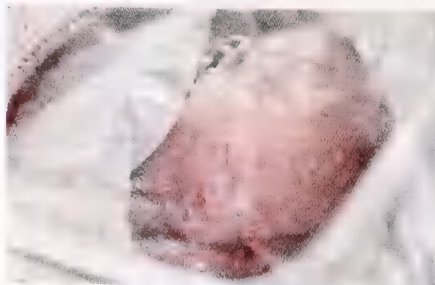
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We make support your secret...



# "I've Lost All Interest in Sex"

Ever since their baby was born, Caroline hasn't let Nick near her in bed. What happens when one partner is eager for lovemaking but the other is not?

By Betty Hannah Hoffman



*This case is based upon information from the files of the American Institute of Family Relations in Los Angeles, a nonprofit, educational counseling and research organization founded 50 years ago. The true story reported here is drawn from counselors' reports of interviews. Names and other details have been altered to conceal the identities of the family involved. The counselor this month was Dena K. Whitebook, Director of Counseling.*

## CAROLINE'S TURN

"My husband, Nick, is angry with me because I don't want to have sex anymore," began Caroline, 30, a boyish-looking woman in blue jeans with straight black hair and fine features. "Frankly, I've never been too interested in making love, but now I cringe if my husband even touches me."

"Nick should have married a sexpot. He has such incredible sexual energy that after a fifteen-hour day as an auto mechanic he's eager to whisk me off to bed as soon as he gets home. But as for me, I am usually glassy-eyed and exhausted. Ever since our son Michael was born ten months ago, I've been too tired to leave the house—never mind make love."

"When I first met Nick, he swept me off my feet. I was the bookish type, planning to be a librarian, and I'd never even had a steady boyfriend. Nick was a free spirit who loved fast cars and fast women. I couldn't believe he found me attractive."

"Nick had a good income when we met, and my family was amazed I'd made such a catch. My father pronounced him 'a fine young man,' my mother fawned all over him and my kid sister, Vivian, was positively starry-eyed over her prospective brother-in-law."

"Nick and I married when we were both twenty-one and spent our honeymoon in Colorado doing the thing Nick loves most—skiing. I'm not athletic, but I was thrilled just to be able to sit in the lodge and watch him zoom down the mountain."

"A month after our honeymoon, my folks asked us over for Christmas dinner. Vivian, who had just turned fifteen, was blossoming into a beauty. After dinner, I caught Nick exchanging a passionate kiss with her. I was absolutely stunned. Nick remarked casually, 'I was just wishing Vivian a Merry Christmas,' but I could see that my sister was rattled."

"He continued to pester Vivian with sexy re-

marks during other visits. When I finally found enough courage to confront him with it, Nick became furious. He'll never admit he's wrong. After he calmed down, he said with a leer, 'I can tell Vivian has a yen for me. Stop nagging.' It was as if he had the right to do whatever he liked. Since I didn't seem able to stop his flirtations, I decided to put the whole matter out of my mind."

"Several years later, Nick began complaining that our love life wasn't sufficiently varied or exciting. He brought home pornographic magazines and insisted we see skin flicks together, which always made me uncomfortable because I knew I'd be expected to perform afterwards."

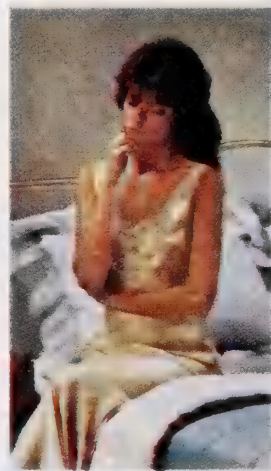
"Then Nick told me he had developed a urinary infection and his doctor had prescribed penicillin. Shortly afterwards, I thought I had cystitis, but my gynecologist said it was gonorrhea. I was terribly shocked and upset. I thought nice people never caught venereal disease. When I told Nick the news, he admitted reluctantly that he had gonorrhea, too. He imagined he'd caught it from a streetwalker he'd picked up one night at a bar."

"I began to cry, and Nick flew into one of his rages. He tore off his wedding ring, threw it across the room and yelled, 'Go ahead, divorce me!'"

"For a long time, I stood staring out the window. Everything important in my life was bound up in Nick. He was the only person who'd ever made me feel cherished; he worked long, hard hours to support me. I could forgive him one transgression. 'No,' I told him, 'we'll stay together providing you never pick up a woman again.'"

"He promised, and as far as I know, he's kept his word. We both spent a miserable summer, but eventually the gonorrhea was cured. However, Nick has continued to flirt with my kid sister, and even tells me his fantasies about her. He seems to feel this will turn me on, but it has just the opposite effect."

(continued)



# This year, don't let winter make you look older

*So many elements of winter age you just as surely as extra birthdays. Chill winds that buffet your face. Sun streaming down on those wonderful clear days you ski or take a brisk walk in the park. Indoor heat ... even the warmth you feel on your cheeks when you huddle near the fireplace on really cold days.*

*Sudden changes of temperature as you go from home to car to stores. All of this can disturb your skin's delicate balance of vital fluids, making little lines and wrinkles far too noticeable. No wonder you look older than you should. Or could.*



Before another cold winter day dawns, discover the secret shared by millions of younger-looking women in countries around the world, the secret of a mysterious beauty fluid which can help you look younger, too. This mysterious beauty fluid is known in the United States as Oil of Olay.<sup>®</sup>

You'll recognize that Oil of Olay is unique the very first time you experience the incredibly silky beauty fluid. The remarkable blend of tropical oil and precious emollients is similar to the natural fluids plentiful in younger skin... fluids that should be in proper balance if you're to look as young as possible. Oil of Olay penetrates deep into skin, instantly beginning to work hand-in-hand with nature to help replenish those vital fluids that the passing years and drying environment steal away each day.

Smooth the beauty fluid over your face and throat. Watch your winter-weary skin drink in the skin-cherishing blend. Feel the silken softness, the velvety smoothness as dryness is eased away without a trace of greasiness. You'll actually see radiance return, a fresh healthy-looking glow you may have thought was gone forever. Sooner than you'd believe possible, those telltale little wrinkle lines begin to fade from view.

The change you notice in your mirror is apparent to other people too, though they may not be certain just how you look different. But don't be surprised if someone says, "You look wonderful... been on vacation?" or if your husband gives you an extra-warm hug when he leaves for work in the morning.

Millions of younger-looking women around the world wouldn't let a single day go by without making Oil of Olay the heart of their beauty ritual. Join them. Gentle on the beauty fluid each morning to help

maintain your skin's reservoir of essential fluids. Again every evening at bedtime, to let your skin sleep for hours in its own comfortably moist climate. And remember, with Oil of Olay there's no greasy look or feel... just a fresh and flattering glow. Any other time your skin feels dry or uncomfortably tight... when you

come in from wintry weather or after a bath or shower, for instance... lavish on extra Oil of Olay to help maintain your skin's delicate balance of fluids.

You'll find Oil of Olay marvelous under makeup too. Cosmetics glide on over your newly smoothed face with ease, and remain fresher-looking longer. Like to give your skin a breather from makeup now and then? The beauty fluid all by itself imparts an appealing natural radiance, a healthy-looking lustre you may come to like even better than a made-up look.

Why let winter make you look older this year? Discover the secret of Oil of Olay and discover for yourself the pleasure of looking younger in the face of winter... this year and all the winters to come.



## Beauty Secret

- The combination of harsh winter weather and woolly scarves or close-fitting coat collars can roughen and dry your neck. Smooth on extra Oil of Olay<sup>®</sup> Beauty Lotion to silken, smooth and comfort when you take off your outdoor clothes.



## THIS MARRIAGE

*continued*

"When we'd been married eight years, Nick suggested we start a family. I didn't want a baby because it seemed too big a responsibility. Nick wasn't interested either until some of his friends began bragging about their wonderful kids. Then he decided that since I don't care about camping or sports, he'd like to have a son as a companion.

"I stopped taking the pill and almost immediately got pregnant. I wasn't ecstatic, but everybody else was. Nick even offered to go to natural childbirth classes with me.

"Childbirth was more painful than I'd ever imagined—our son was born after thirty-one hours of labor and I had no anesthesia. Nick hung in there, trying to help, but it wasn't enough. Never again, I told him afterwards. I didn't tell him that deep down I was afraid that we might have a girl the next time, and I'd never feel safe leaving them alone together.

"I'm still waiting to experience the joys of motherhood. Michael was a colicky infant who screamed day and night for the first three months. Now he's got bronchitis and is constantly crying. He's sapping all my strength and is driving me crazy.

"Nick, of course, doesn't lift a finger. Everything—the baby, the housecleaning, our dogs and cats—is left to me. In addition, I type at home for a local attorney, who is always hounding me to get his briefs and interrogations done. I'd like to take a break and go out occasionally, but I feel Michael needs to be in his own bed for naps, so I won't take him anywhere. As a result, I've barely been out of the house in ten months.

"With time, Nick and I are drifting further apart. If things don't get better, I'm afraid he'll leave me for good."

### NICK'S TURN

"I don't know any red-blooded male who'd put up with a marriage like mine," began Nick, a bronzed, blond young giant. "No sex at all for almost a year now, and the baby cries so much it's impossible to get a decent night's sleep. I've been faithful to Caroline as I promised, but I don't think I can stand this much longer.

"I see our life in two parts: before and after the baby. Before, Caroline was a loving wife who devoted herself to me completely. Now there doesn't seem to be a place for me in my own home. Between the screaming baby and the four cats and three dogs Caroline has collected, our three-room apartment is a madhouse. Caroline has been breastfeeding the baby, and since I'm not about to handle dirty

diapers, there isn't any way I can help.

"I think Caroline went along with my suggestion that we have a child to prove she could do a better job of raising kids than her parents. Her father's a nuclear-scientist type—cold and sarcastic. He's forever putting Caroline down, calling attention to her big feet or clumsiness at sports. Her mother could soothe a rabid dog, all sweetness on the surface, but underneath she's hard as nails. Both Caroline's parents are so cold and uptight you wonder how they ever produced two kids.

"My parents weren't much better. My father held down two jobs for years, leaving the house before I was awake and returning after I was in bed. He's an atheist and an alcoholic; my mother's a religious zealot and a teetotaler. Every night they'd have a battle royal over his drinking. As a little kid I used to cower in bed listening to their rows.

"Eventually my father's boozin' ways rubbed off on me. I became a heavy drinker and occasional drug-user. When I met Caroline, though, I recognized that a steady, intelligent girl like her would keep me in line. Now I've given up drugs completely, and I don't drink the way I used to, although Caroline still complains that I drink too much. I believe I consume a normal amount—a six-pack of beer a day and a couple of highballs after work.

"Our sex life was never great, but I just can't understand why Caroline refuses to make love at all now. Last night, I was so fed up I told her that if we didn't have sex, I'd get it elsewhere. Then I stormed out of the house leaving her crying buckets. I didn't carry out my threat, I just drove around aimlessly for hours.

"I'm so frustrated I don't know what to do. I've suggested we split up, but Caroline's scared to death of being a single parent, and I don't want to leave my son. By staying with Caroline, however, I feel that I'm losing my manhood."

### THE COUNSELOR'S TURN

"Caroline's lack of interest in sex was a result of a severe postpartum depression and unexpressed anger toward Nick, as well as low self-esteem.

"A girl's first experience with sex depends, in part, upon how her father responds to her. If he rejects her or is too seductive, she can suffer lifelong psychological damage. Caroline's father made her feel clumsy and unlovable. Her mother taught her to be passive, to repress both her strengths and her desires. As a result, Caroline denied her own sexuality and never let herself be attractive to men.

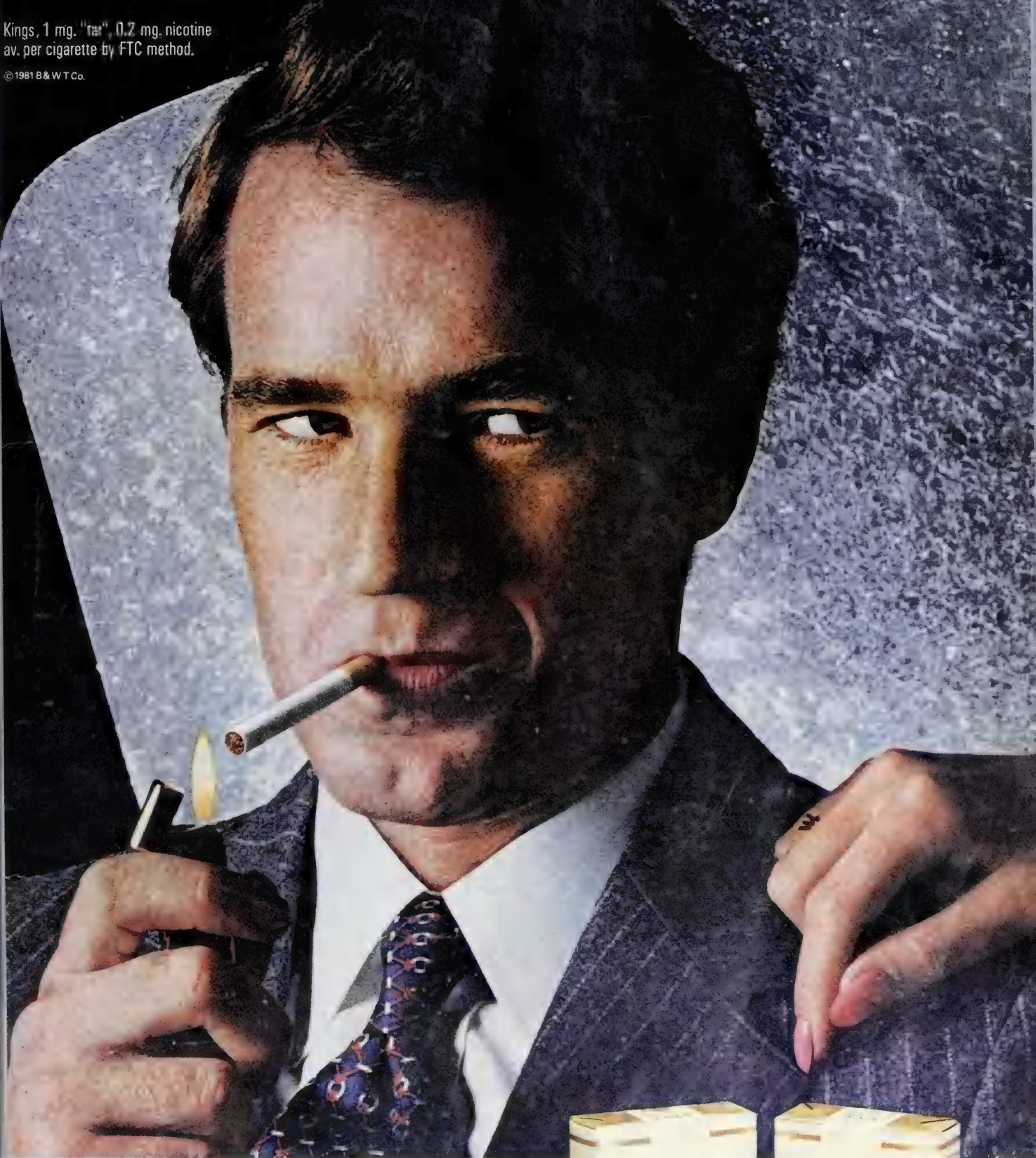
"For a short time, Nick made her feel sensuous and desirable, but her old view of herself soon *(continued)*





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Bye-bye dry.

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Make-up and blush

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### THIS MARRIAGE

*continued*

reasserted itself. When he began flirting with her younger, prettier sister, her poor self-image was reinforced. For fear of losing Nick, she couldn't even bring herself to upbraid him for infecting her with a venereal disease.

"Nick's main problem was his impulsiveness. Neither his unhappy mother nor largely absent father set limits on his behavior. He soon learned to get his own way through bravado and temper tantrums. Engaging in drinking too much and indulging in promiscuity made Nick feel good temporarily but did little to assuage his underlying feelings of worthlessness.

In his sexual relations, Nick wanted instant gratification and had no regard for Caroline's needs.

"Nick attended counseling sessions only sporadically because, he said, he didn't want to miss work. He was unwilling to examine the source of his impulsiveness and to learn to control himself. Caroline, on the other hand, went into therapy intensely and began to open up.

"The gradual changes in Caroline made Nick realize that he might lose her if he didn't alter his ways. For the first time in their marriage, he began helping with household chores, fixing broken appliances, even wheeling the baby in his carriage. He also modified his excessive drinking habits, which

had always loosened his inhibitions.

"Nick showed real signs of growth when he told Caroline that he had a fear of the telephone. Even though this phobia was a handicap in his work, he had never admitted it to anyone because it didn't fit with the he-man image he was trying to project. Caroline was touched that he confided in her, and she coached him at home until he was able to handle a telephone conversation with confidence.

### Learning to relax

"As for Caroline, nothing about motherhood came naturally. She felt guilty about her lack of warm feelings toward Michael, so she reacted by becoming overly protective in various ways, such as her insistence that he could nap only in his own bed. She could show more spontaneous affection for her animals because she felt they needed her forever and accepted her unconditionally. With time, however, Michael became easier to handle and Caroline learned to relax around him. She was even able to leave him with sitters occasionally.

"When Michael was under the care of a sitter, Caroline was free to type for the lawyer without interruptions—and she eventually got up the nerve to ask for a raise, which she received. As her depression lifted, she also indulged herself a little. She began paying more attention to her clothes, and she adopted a more becoming hairstyle.

"One of this couple's crucial needs was for more living space. When Caroline began therapy, she was too frightened to move away from a familiar home and neighborhood. As she grew bolder, they began house-hunting and finally found a run-down 'dream house' at an affordable price, with ample space and a big yard. Caroline began to glow with enthusiasm when she described her plans for redoing the place.

"As some of the couple's problems were resolved, Caroline became more open to sex therapy and less angry with Nick, until finally she could enjoy her sexuality. Nick also participated in the sex therapy, and learned a good deal about female responsiveness so that he became a more considerate lover. He also agreed to keep his sexual fantasies about Vivian to himself and as Caroline became more affectionate, he found his desire for her sister neutralized.

"Caroline and Nick had had a great deal of trauma in their marriage and did not share many common interests. When two such persons decide to stay together, difficulties are sure to arise. This couple terminated counseling after two years, proud of the progress they had made, but aware they might need more help in the future." **END**



# Are you a tigress, a fox, an ostrich or a mother hen?



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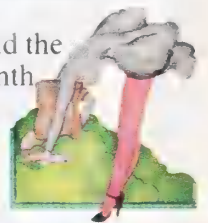
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## It's Not Easy to Be a Woman Today

# "My Husband's Computer Was My Competition"

**Some women lose their husbands to weekend football or golf with the boys. I had to vie with a TRS-80 for my husband's attention.**

**By Sylvia Scott**

The doorbell rang loudly, startling me from my tranquil reading. The sound of my cranky infant son waking prematurely from his afternoon nap followed me to the door. A large, muscular deliveryman was waiting impatiently in the hallway of our apartment building.

By the time I had signed for the two large boxes and one small package, nine-month-old Justin's sleepy whine had developed into hysterical shrieking. I quickly dragged the boxes inside and raced to fetch him. In retrospect I should have recognized that disrupted, hectic afternoon as an omen of trouble ahead. Alas, my husband's new TRS-80 home micro-computer had just been delivered!

When I phoned Daryl at his office, he exclaimed excitedly, "I'll be right home!"

"But, honey, it's only two o'clock," I reminded him.

"Oh, yeah," he grumbled with disappointment.

"Catch the usual train, dear. You'll have plenty of time to spend with your computer when you get home," I reassured him. Yet at that moment, I had no idea how drastically our lives were about to change. After six years of marriage, I had never had to compete for his attention before, so I was totally unprepared for coping with becoming a "computer widow."

### Our electrified household

For the next couple of weeks, Daryl rushed home from work each evening and burst through the front door. "Oh, boy, he's in a great mood," I would think to myself with a smile, until I realized that he wasn't just glad to be home. He was thrilled about the prospect of getting back to his computer terminal! To me, it looked like a TV set and a typewriter keyboard. Why was he suddenly so interested in television?

It's not that he neglected Justin and me. Not exactly. As usual, he would play with the baby and bathe him while I prepared dinner. At the table he'd listen attentively as I told him the latest gem Justin had spouted or what a friend had told me that day. But somehow I could sense that he was just biding his time until he could sit down at the terminal and spend the evening working.

"When are you going to be done with that program?" I kept asking, hoping that once his current project was completed I would get my husband back. After all, whenever I do my needlepoint, I can't wait to finish the picture. Daryl, on the other hand, always seemed to be eagerly anticipating the next step. The more he learned about his microcomputer, the more he wanted to learn. I think he was frightened to tell me this was forever. He would *never* be "done."



Nothing in our household seemed the same that first year. For example, an entirely new vocabulary began to fall from Daryl's lips. Words such as "microprocessor, CPU, Z80, RAM and ROM" floated through our living room. Our son, who was beginning to walk and talk by now, stunned us one day by naming his teddy bear "Floppy Disk." The first time Daryl mumbled "byte," I clutched little Justin protectively. Would a rabies shot be necessary, I asked. And why not call in an exterminator to help "debug"?

Oh, I know that if I had tried hard in the beginning, I might have understood at least some of the programming and computer operations he patiently tried to teach me. I even bought a couple of simple, beginner books on basic computer language and a dictionary of terms. But at the time, my world centered around homemaking and child rearing. "That's fascinating, honey," I'd say encouragingly each time Daryl reported a new breakthrough, but I was more concerned about Justin's eating habits. What's more, I was beginning to feel quite jealous of all the attention that little machine was receiving from my husband! Exactly what was the appeal?

#### A vehicle for creativity

"How can you explain an art?" Daryl declared when I expressed my affilement to him one day.

"Try!" I batted back.

"Computers, Daryl replied, are simply the vehicles for the creator to create on. Most people think of computers as the "hardware" (the actual computer), but the excitement derived from a microcomputer is in the "software" (the programs). Computer enthusiasts usually begin, as Daryl did, by purchasing already written programs to teach themselves how to manipulate the computer.

When Daryl told me many people do all their record-keeping and budgeting on their micros, I felt panic rise in me. I usually handled the family finances myself. "You're not going to put our records on *that*, are you?" I gasped.

"Not if you don't want me to," he said. "Everyone uses a micro differently. A composer can compose music on it. An artist can design pictures and graphics. And a *writer*," he emphasized, glaring at me, "can use it as a word processor." (A machine, he told me, that can do your typing for you.) I had to admit that did sound appealing.

Eventually, the sight of my husband bent over his computer became a familiar one. I learned to accept that my husband had, indeed, become a hacker," a computer fanatic.

Eventually, he decided to bring the TRS-80 into his advertising office because dozens of tasks in his specialty,

media research, lent themselves beautifully to the micro. We filled the glaring space on his home desk with a much more advanced Apple II+ microcomputer with two disk drives, a printer and a color monitor. Daryl became so expert in the field that he started designing many business and game programs for the micro.

Furthermore, his excitement was infectious. He even taught a friend of mine how to use his micro, and today she plans to be a programmer! So I began to see the positive sides of his hobby. After all, at least a microcomputer does keep an addict at home (with occasional trips to the computer store, of course!).

I have since discovered that the best way to avoid waiting impatiently for someone else to finish a project is to work on one of your own. I've begun to write again, something I had set aside when my son was born. I still use my old, faithful typewriter though, not a word processor.

In fact, I remain the only holdout in the household. Our son, now three years old, is as fascinated with microcomputers as his father is. He knows how to load a program, run and revise it. My husband has developed simple programs that helped Justin learn his alphabet by the age of 15 months, and now our toddler is beginning to read. He definitely does not share his mother's

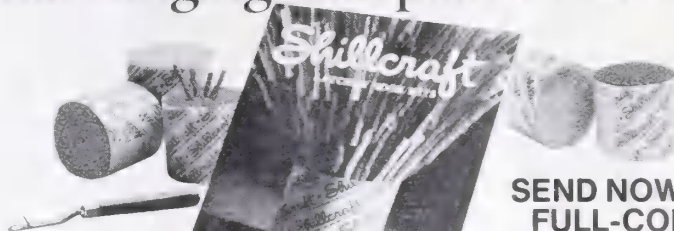
prejudices! Since educators predict this technology will be a part of daily life for our son's generation, I'm grateful to have a computer expert at home guiding little Justin so adeptly.

And who knows? Perhaps by the time my son is walking home from school carrying his girlfriend's "floppy disk" under his arm, I will have had the time and inclination to proudly transform myself from computer widow to computer whiz!

**End**

We'd like to know how you, as a woman, are facing your own life and problems. We'll pay \$250 for each manuscript accepted for publication in our "It's Not Easy to Be a Woman Today" column. Tell us how you are resolving a specific situation, large or small, that represents the changing times in which women live today. Manuscripts should be about 1,000 words, typed if possible, and should be accompanied by a stamped, self-addressed envelope. Please send all entries to: Box INE, Ladies' Home Journal, 641 Lexington Ave., New York, N.Y. 10022. Be sure to keep a copy of your manuscript. We cannot be responsible for lost or damaged manuscripts, but we will make every effort to see that your manuscript is returned to you.

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# Beauty Journal

Hold onto your hats! January brings a blast of good news for beauty-lovers: how to look younger—*instantly*, shape up to a trim waistline, care for problem feet.



## Quick pick-ups for after the holidays

Ring out the old and ring in the new with 6 easy beauty-boosters that bring instant results to keep you looking young: • Create a change of scene with tinted eyeglasses. The softest shades of rose or peach can work wonders on dark circles, puffiness or wrinkles. • Stand up to your age with good posture. It gives an air of confidence and can make you look fit and limber. • Relax your hairstyle. Over-sprayed or "done" hair ages you, while a spill of graceful locks suggests a youthful attitude. • It's true! A new bra can make all the difference to the way you look (uplifted, trim) and feel (at ease moving around). • Have your ears pierced and say good-bye to dated clip-ons. The best earrings of 1982 are designed for pierced. • Pull on control-top pantyhose . . . pull in extra inches. Clothes look smoother, sexier over a firm tummy and hips.

## Sneak preview: the best of the new beauty buys

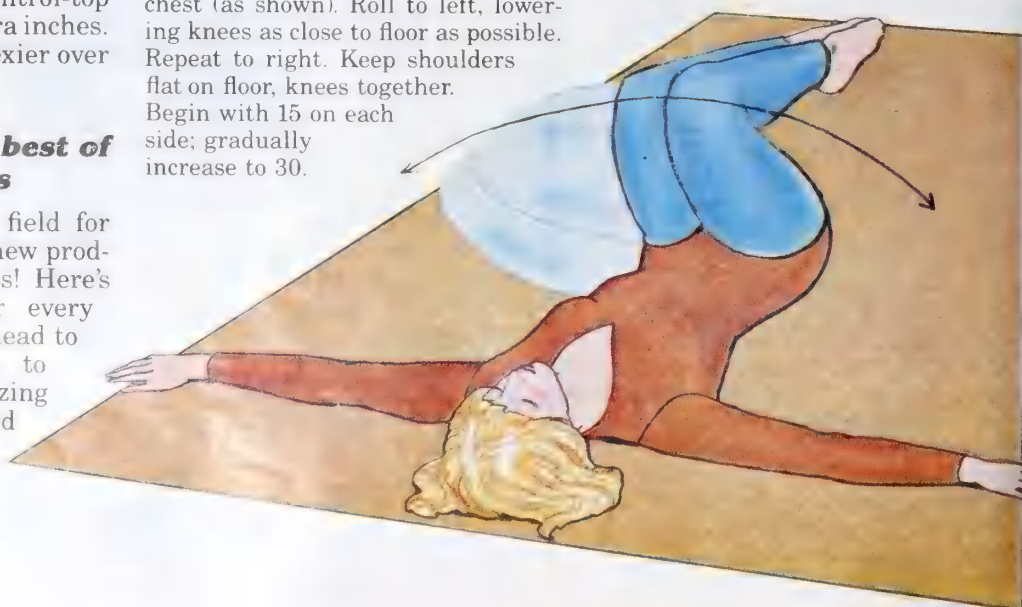
We scouted the beauty field for the best of this season's new products—with great success! Here's something fabulous for every part of your body, from head to tippy-toe: • Pucker up to the cold with a moisturizing application of soft-frosted lipcolor. Slim Tint Lip Gloss by Maybelline comes in 4 new

lustrous shades, \$2.50. • There's help for "combination skin": a moisturizer that treats both oily and dry facial areas in a single application. Silkience Self-Adjusting Moisturizer by Gillette, 3 oz., \$4.85. • Give yourself an easy home perm with Kindness Body Wave (gentle styling) or Kindness Curly Wave (extra body), formulated to condition and add fullness, even for color-treated hair. By Clairol, \$5.99 each. • Let your fingers do the shining. A three-in-one buffing system smooths, cleans and polishes nails. Satin Buff by Flowery, \$3.95. • Something your legs have been waiting for: a moisturizing lotion for wet or dry shaving. Barielle Sluff and Shave Smoothing Lotion, 8 oz., \$6.75. • Pamper your body with a liquid soap that moisturizes as it cleans. Liquid Creme Soap by Jovan, 12 oz., \$4.50.

## Exercise of the month

**Q.** The pounds I gained during the holidays all went to my waist. Do you have a good exercise for this area?—G.P., Troy, N.Y.

**A.** Yes! Lie flat on the floor with hands resting out to side, palms down. Bring knees up toward chest (as shown). Roll to left, lowering knees as close to floor as possible. Repeat to right. Keep shoulders flat on floor, knees together. Begin with 15 on each side; gradually increase to 30.



## How to have sweeter feet

Are you embarrassed to kick off your shoes or boots around friends for fear of offending them with your (gasp) odoriferous feet? If so, you are not alone. Nearly 65% of the population shares this problem, *bromidrosis pedalis*, commonly known as "smelly feet." The principal cause of foot odor is perspiration, which, according to Dr. Kalman Baruch of Memorial Medical Center, Savannah, Ga., may be reduced in a few simple steps. • Wear leather shoes instead of synthetic as often as possible. Leather "breathes" better to let moisture out. • The same rule holds for cotton or wool socks. When feasible, opt for them rather than nylon stockings. • Go barefoot at home whenever you can. • Experiment with over-the-counter sprays or powders and shoe inserts containing activated charcoal, such as Johnson's Odor-Eaters. Each absorbs moisture and combats odor. • If you are still troubled by heavy perspiration, you may need to consult a doctor who can control it with a medication, such as a strong solution of aluminum chloride in an alcohol base. Swabbed on twice a day, this solution effectively decreases the secretions of sweat glands on the sole of the foot.



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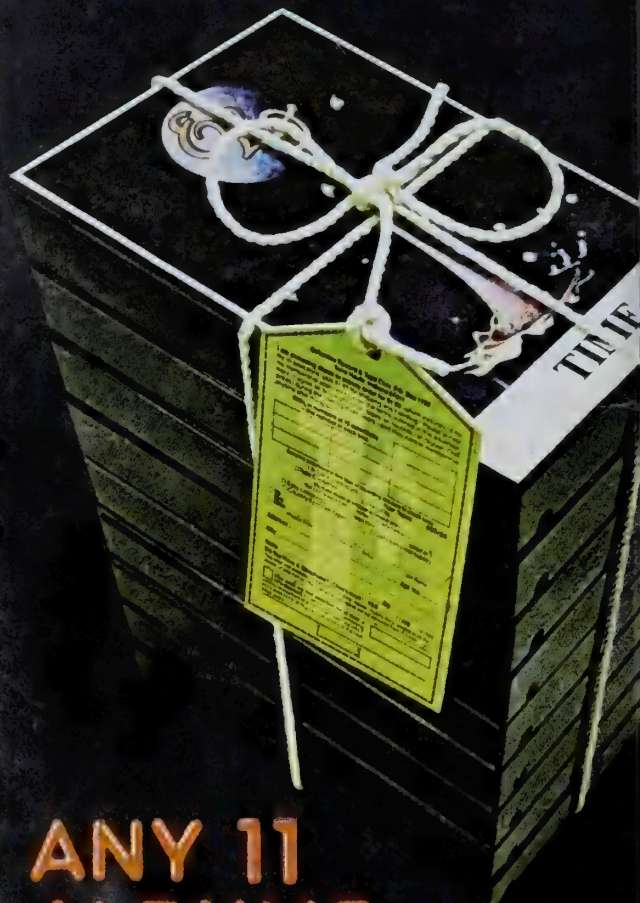




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**U**nable to strike a balance between love and work, Goldie is now separated from her second husband—and saddled with a difficult role: single parenthood. Like many women today, Goldie must reconcile her conflict between career and marriage—and find a way to have it all. By Al Coombes and Mal Karman

Until recently, Goldie Hawn always played the role of a birdbrained blonde. But with the release of *Private Benjamin* (one of 1980's box office blockbusters), the goofy Goldie image was replaced with that of a grown-up, talented actress and tough-when-necessary producer. Today, few in her profession glitter more than Goldie.

But there's one problem: While Goldie is happy about her success, she's less than happy about her personal life . . . not exactly a new predicament for the petite star. Often, when the "success" end of Goldie's seesaw is up, the "love" end comes down with a big thud. The question for Goldie is—as it is for many women today—will she ever get her personal and professional lives in balance?

Today, following the separation from her second husband, Bill Hudson, 31, and having been forced into a role she *doesn't* want—that of single parent—Goldie has a lot to think about. At 36, she must determine if, for her, stardom and stability are mutually exclusive.

Unquestionably, Goldie's career has bedeviled her relationships with men. But even when she tries to put her career second, she appears to remain so devoted to her work that eventually she leaves everything else behind.

Ironically, this is the same woman who telephoned her mother when the TV comedy show *Laugh-In* catapulted her to fame, wailing, "I don't want to be a star. I just want to get married and have a family."

And yet, Goldie kept right on working . . . and will continue to do so. She has just signed with United Artists to star in and produce *Swing Shift*, a romantic comedy set in the World War II era. And she has also signed with Warner Brothers to star (continued)

# GOLDIE HAWN'S HEARTBREAK CHOICE: Marriage or Career



Photograph by Steve Schapiro/Sygma



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in two movies, *Chicago* and *Best Friends*.

Goldie seems aware of her conflict between marriage and career. "There are values and traditions I've had since I was a kid," she explains, "and plans and hopes about how the future would turn out. But a lot of dreams didn't come true, and now I have to re-think and reevaluate a lot of things."

Talking about her separation from Bill Hudson (of The Hudson Brothers comedy and singing group), the father of Goldie's two children, Oliver and Kate, ages five and two, Goldie measures her words carefully. "People change. Your mate, the person you love, suddenly starts to change. It creates a kind of unsettling experience; you get insecure, and something happens to the relationship."

"You learn life is not a storybook. It's tough to swallow, but you have to go on . . . I carry a lot of responsibility on my shoulders—responsibility for other people's feelings. Right now I'm just trying to deal with my problems as they come."

"I've gone through the struggle to find my independent self," she explains. "It's something I think all women have to go through. A lot of dreams don't come true—and then you're confronted with real life . . ."

Real life for Goldie right now is her children, on whom she lavishes affection, though career demands often make it difficult to spend a lot of time with them.

"There is a terrible guilt about work," she says, "about becoming so engrossed in it that you begin to wonder if your kids are lacking or missing out. But I don't think mine are. They don't carry on about my working, and if I'm not working, I'm with them. I cook their meals, I take them to school and bring them home. I bathe them. I tuck them in."

"When I have to go off, it's much harder for me than it is for them. It's hard to let go of your babies. If they don't understand why I leave—it's important they understand that I always come back. But when I call during the day, missing them terribly, they tell me not to worry. I love that. I feel your kids give you so much."

Determined, too, that Oliver and Kate suffer as minimally as possible from their parents' separation, Goldie puts their needs before her own and, despite her problems with Bill, makes sure the children see a lot of their father, often asking him to the house for dinner.

Being disappointed by her relationships is not new to Goldie—she has a history of having her personal life not

turn out exactly the way she expected.

Growing up in Tacoma Park, Maryland, Goldie was the toast of the dancing school her mother, Laura, ran. But one thought haunted her: "Why don't boys like me?" By age 13, it had become an obsession.

"There was a dance I went to where I sat with the other girls who didn't have dates, and I went in and out of the ladies' room all night," Goldie remembers. "I was sort of underdeveloped and none of the boys asked me to dance, and when I got home, I burst into tears. My mother hugged me and said, 'Goldie, don't worry. You're just a little late, that's all.'"

"You wait," my father added. "When you grow up you won't be able to keep the fellas away."

But Goldie wanted insurance, so she became a cheerleader. Even this attempt at attention-getting didn't bring her the much hoped-for romance, so Goldie shelved her dream and trained for the career she wanted.

She headed to American University in Washington, D.C., to study drama, and within two years landed a job in New York dancing at the Texas Pavilion at the 1965 World's Fair.

During the summer she danced in stock musicals, and during the winter she fended off cockroaches and muggers around her apartment in the old Hell's Kitchen area of Manhattan. She even took a dancing job in a joint so sleazy she was once confronted by a customer exposing himself. Then Goldie fled to California, where for the first time since leaving home, she thought she'd finally stumbled on the man of her dreams.

He was dancer Gus Trikonis, who was struggling to make a name for himself as a movie director. According to friends, at the outset, Gus was a father figure for Goldie.

#### Something vulnerable

Gus himself says, "There was something vulnerable about Goldie then that made me want to watch out for her." Although he initially thought she was "bananas"—it was "amusement at first sight," he says—the two were quickly leading a romantic, starving-in-a-garret existence. Gus recalls, "Those were marvelous days. We were flat broke, but we were never lonely. Friends dropped by all the time, and most of all, we had each other. We shared everything. That's what made our relationship so special."

This partnership was strained, however, when, as Gus continued to struggle, Goldie, in 1968, was hired for *Laugh-In*. For Goldie, it initiated "the toughest period" of her life.

"It was a whole different world," Goldie has explained. "I wasn't doing what I was trained to do. My position

in life was changing, my friends and jobs were all shifting. I didn't know where I was going. There were no walls, no perimeters. I was very, very frightened. I needed security."

Goldie's overwhelming success was overwhelming for Gus, too. Of Greek extraction, he had grown up believing he should be the strong one, the provider. "But things changed so quickly," he remembers. "Within a year, we had moved from our little apartment to a home in Bel Air, and Goldie was earning an absolute fortune. Besides, she was getting all the phone calls and all the attention, and I found that very difficult to live with."



*A glittering Goldie in performance*

Unwilling to admit defeat, Goldie tried to be understanding, and made it a point not to brag about her achievements. "It was more important that I keep my man, because that was what kept me happy," she later explained.

But her attempts to juggle her professional and her personal life began to take their toll on Goldie. Her mother remembers:

"It was the toughest period of my daughter's life. She couldn't come to terms with the world of success. You see, Goldie has always needed a nest . . . security. Sudden stardom offered her nothing to hold on to. She told me it frightened her so much that she couldn't go into a restaurant without throwing up. In fact, she even started seeing a psychiatrist and continued to see one for seven years."

Gus was the first to admit that Goldie worked hard at holding their marriage together. "But no matter how much she tried to reassure me," he explains, "I just couldn't see what she needed me for. I felt that I was in the way and a hindrance to her newfound fortune."

"Also, she wanted to have children very badly, and I wouldn't (*continued*)"



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## GOLDIE HAWN

continued

let her," he confides. "I just didn't feel we were ready to start a family. I couldn't have supported them properly, and it was very important for me to do my fair share financially."

Finally, after four years, Gus and Goldie agreed to divorce. One scar of the split still remains. "Goldie still owes me an apology," says Gus. "When we divorced, there was talk about my demanding a lot of alimony. But I didn't. I loved Goldie and I'm not a taker. In fact, we had a beach house in Malibu, and after we split, I said she could take it. I've since heard it's worth a tidy sum."

After her separation from Gus, Goldie anesthetized her pain with work, as she had done before. Soon she was caught up in a whirlwind of publicity, following her role opposite Warren Beatty in *Shampoo*.

Most actresses would have reveled in this success. But Goldie confided to friends that she was lonely. She wanted babies so badly it hurt her to think about it. She vowed, however, that she'd never marry again.

Then, in 1975, on a transcontinental flight, she met Bill Hudson. The two fell in love, though a scarred Goldie preferred to live with him rather than marry. In her mind, marriage was synonymous with disappointment and pain. It wasn't until Goldie was eight months pregnant that she finally agreed to marry Hudson.

Says a close friend: "She only made that decision because, as she put it, Bill was an established star and she wouldn't have to compete with him; Bill would not feel threatened by her. She really thought they'd be able to accept and enjoy each other's success."

"Once she made up her mind to take the step," continues the friend, "she was desperate to make the marriage work."

"I remember at that time she felt life was wonderful. She loved being pregnant. She told me it was the best experience of her life because Bill had been so wonderful to her."

Oliver. Goldie's first child, was delivered by cesarean section. A few days after his birth he contracted pneumonia. It was touch-and-go for awhile, but the baby pulled through, and Bill and Goldie were able to settle down to domesticity.

Mark Hudson, Bill's brother and singing partner, recalls. "They bought a big old house in Pacific Palisades, and lived like a couple of bohemians. It was a lifestyle that suited Goldie. She forgot her career and concentrated on being a wife and mother."

"She'd greet you at the door looking nothing like a glamorous superstar,"

says Mark. "She wore an old T-shirt that came down to her knees, a short skirt, no makeup and old sandals. And Bill would be there in his Bermuda shorts and Hawaiian shirt. It wasn't chic, but it sure was comfortable."

Soon, Goldie was pregnant with their second child—daughter Kate—and for a time, it looked as though she had finally found contentment.



Goldie orchestrating an at-home supper

In this glow, what everyone—including Goldie—seemed to overlook was that she had a flip side. Though Goldie frequently described herself as governed by inertia, merely waiting for life to unfold, she just as often described herself as an industrious, pragmatic woman of vision. She has said, "On the one hand, I can be very easy to be with, very malleable, the person everyone expects me to be. But, on the other hand, I can also be very strong. I can take a very definite point of view and stick with it. I have a tendency to turn corners very quickly."

Indeed, it was apparently just such a quickly turned corner that sent her second marriage reeling. Despite the fact that Goldie was conscientiously trying to "take it easy," she still kept her hand in the film business. And when she was offered a chance to produce and star in *Private Benjamin*, she found the script too exciting to resist.

Enormously pregnant, Goldie trooped into the offices of several studio heads and told them she wanted to produce and star in the movie.

Finally, Warner Brothers signed a contract giving her a hefty salary and a generous percentage of the profits. Suddenly, Goldie found herself at the center of the biggest career move of her life.

She was already committed to filming *Seems Like Old Times*, and she had to meet deadlines for *Private Benjamin*. And to top it all, she had another baby to care for.

Her co-star Eileen Brennan says, "What Goldie did was incredible. She would do some filming on *Seems Like Old Times*, attend meetings, sign memos and still get home in time to feed and play with her kids."

"She seemed to take it all in her

stride, but I knew she was going through some pain. She tried hard, so damned hard, not to upset Bill. But her time was just eaten up by her commitments."

As with her marriage to Trikonis, the relationship with Hudson began to fall apart at the seams... and Goldie's love life was down again.

The separation from Bill happened over a year ago. "They didn't make any kind of formal declaration to the family," says Mark Hudson. "They didn't discuss it with us. They just stopped living together."

While gossip columns initially reported that Hawn and Hudson were fighting over custody of the children, nothing could have been further from the truth. Says friend and actress Ruth Buzzi: "Goldie really encourages the children to have a good relationship with their father. She keeps telling me he's a terrific dad. I was over at their house the other day and Bill was there looking after the kids."

Since the separation, Goldie's name has been linked with actor Tom Selleck of TV's *Magnum, P.I.* and French actor Yves Renier. But she's still reluctant to cut the cord that ties her to Bill Hudson (she has done nothing to expedite divorce proceedings).

### A one-man woman

"Goldie's really a one-man woman," Ruth Buzzi observes. "She might go out with other men here and there, but believe me, she's really in need of a serious relationship."

"She's so very tired of fighting to prove that she can have a meaningful relationship despite her success."

Is Goldie's marriage to Bill Hudson over?

Bill himself isn't sure. "... I still love her," he admits, talking about the separation for the first time. "Being married to Goldie was the best thing that ever happened to me, and I'm just beginning to understand what I've lost. She's truly a good friend and a wonderful human being. A man couldn't wish for a better mother for his children."

"It's difficult when you're both working hard at your careers. You finish up juggling emotions and time schedules, and in our case it just got out of hand."

"There are so many pressures that you lose sight of what you really want out of life. But I've thought about it long and hard and I know that life just isn't the same without Goldie. I'd like to work things out. I think we still have a lot of love going for us."

The next move is Goldie's. Clearly she, like so many other women today, must find a way to balance the work/love seesaw. Once she decides what direction to take, there's nothing stopping her from having it all.

End



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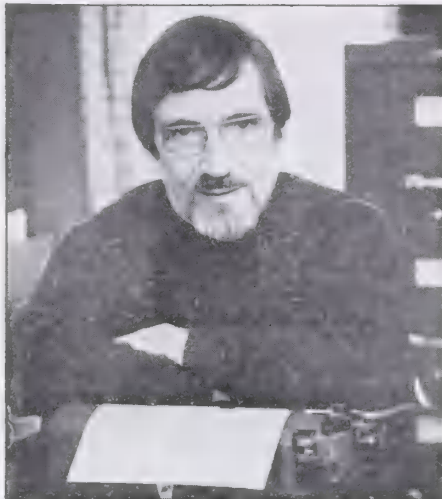
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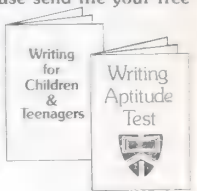
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● Pregnant? Avoid All Alcohol

## Why so many new health alarms?

One explanation for the apparent proliferation of health hazards is the speed of modern communications. Limited findings—and even erroneous conclusions—can find their way into almost unlimited circulation. Newspapers and television are in constant competition for "hot" stories, and scientists and scientific institutions are under great pressure to publish early findings from studies and experiments.

In addition, while scientific "fact" has always been subject to varying expert interpretation, the average consumer has never before been so aware of the ongoing controversy. That's why we hear sometimes contradictory advice from equally reputable sources. Increasingly, it falls to the individual to weigh "risks" against "benefits."

A problem arises when—faced with vast amounts of complex and controversial information—people simply tune out. They start ignoring health warnings because everything seems bad for you in one way or another.

Some of the most-publicized warnings, it is true, have little more value than an office rumor. But some of the risks are very real, indeed, and have been repeatedly substantiated by valid studies. Here, then, is a look at some recently reported hazards and an evaluation of the true risks.

## A tempest in a coffee pot

America's favorite stimulant—we consume some 35 million pounds of coffee per year—periodically gets bad press for one reason or another. The latest serious accusation arose from a study by Dr. Brian MacMahon and his colleagues at the Harvard School of Public Health. They had set out to probe the relationship of cancer of the pancreas (responsible for some 20,000 deaths per year in the U.S.) to tobacco and alcohol use. Patients with pancreatic cancer were questioned about their tobacco and alcohol consumption, and their answers compared to those of a control group without the disease. Almost casually, both groups were also queried about tea and coffee intake.

No significant correlation was found between cancer of the pancreas and patients' use of tobacco, alcohol or tea. But, to the researchers' surprise, the results showed a "significantly elevated risk" of pancreatic cancer for coffee drinkers. The report cautioned that this apparent connection needed further evaluation, but it also speculated that if such a relationship were confirmed, more than half the cases of pancreatic cancer in the U.S. might be traced to coffee consumption.

This was a natural for headlines: "Coffee and Cancer: A Brewing Concern" cried *Science News*, and newspapers, TV and radio echoed the warning. But the National Cancer Institute warned against overreacting to this preliminary information, and a number of serious objections to the MacMahon report have been raised.

One major concern centers on

the choice of respondents. In scientific research, a valid control group must be matched in every possible way to the group under study—including age, sex and as many other variables as possible—with the exception of the one factor being investigated.

In the MacMahon study, however, the pancreatic cancer group numbered 369; the responses of this group were compared to those of 644 hospitalized patients, rather than healthy people. Of the 644 in the control group, 273 had some form of cancer other than pancreatic, and 371 had other illnesses. Many of those in the "other-illnesses" category had gastrointestinal problems (the researchers admitted that these were probably "overrepresented"). Further, a great many were excluded from the control group—including diabetics and those with heart or liver disease—but not from the pancreatic cancer group.

A second problem concerns the method of obtaining information. All responses were based on a single interview, in which subjects were merely asked to recall how many cups of coffee they had drunk on a "typical" day before their current illnesses were "evident." The respondents were not questioned as to the kind or strength of the coffee they drank, the size of the cups, or the presence of other factors such as sugar, artificial sweeteners, milk or cream and non-dairy creamers.

In short, not only has it not been proved that coffee causes pancreatic cancer, but there is serious doubt that a significant relationship between the two exists.



# new

By Dodi Schultz

# HEALTH HAZARDS

We've all seen so many headlines like the ones at left that virtually nothing seems safe anymore. This important article evaluates the real—versus the imaginary—risks behind these six warnings that have recently made the news.

## Toxic shock syndrome: Are we safe now?

It's a strange and frightening illness, characterized by sudden onset of diarrhea, fever, skin rash and a sharp drop in blood pressure leading to a life-threatening state of shock. First described—and called "toxic shock syndrome" (TSS)—in 1978, the disease came in for intense professional and lay attention in late 1979 and early '80, when what had been a medical oddity seemed to explode into an epidemic.

By February 1981, the Centers for Disease Control (CDC) in Atlanta had received 816 case reports of TSS; 69 of the victims had died. Having noticed that the time of onset of the disease usually coincided with the menstrual period, the CDC quickly established a significant link with the use of tampons and, by late 1980, with a brand called Rely. The number of cases dropped noticeably when that brand was withdrawn by the manufacturer, though TSS is by no means a thing of the past. In fact, some researchers believe that the disease has not abated, but rather that case reporting is inadequate.

Toxic shock syndrome is caused by a strain of staphylococcus bacteria (*S. aureus*), which colonize the vagina and release a particularly virulent toxin. The puzzling thing is the apparent connection with tampons—and why TSS didn't show up years ago, since tampons have been around for a long time. Among the theories suggested, one concerned the new synthetic material used in

super-absorbent tampons. Because these new tampons were far more absorbent than any of the older types, it was thought that women might tend to change them less often, thus giving the bacteria more time to develop.

A second theory focused on Rely's plastic insertion device. This new inserter, some believe, may have encouraged the development of infection by causing tiny abrasions on the delicate vaginal lining.

Nevertheless, TSS continues long after Rely's departure—and men aren't immune to it either. According to Dr. Arthur Reingold of the CDC, cases reported to the Center for Infectious Diseases through the third week in August 1981 totaled 1,330, with 78 deaths; the number of reports per month has remained fairly constant. The vast majority continue to be associated with tampon use, and the high-absorbency types appear to pose a greater risk. "But," cautions Dr. Reingold, "there have been associations with all types and brands."

Should tampons be considered taboo? We asked David B. Crawford, Jr., M.D., associate clinical professor of obstetrics and gynecology at Columbia University's College of Physicians and Surgeons and a senior attending physician at Roosevelt Hospital in New York City:

"My general reply is that there's no reason to stop using all tampons. I do advise my patients to stop using the super-absorbent types." But Dr. Crawford does suggest that tampons be changed

at least every four to six hours, and that pads rather than tampons be used during the night.

Personal hygiene may also be an important factor, believes Dr. Crawford. "We're talking about staph, and these bacteria are everywhere. I strongly advise liberal use of soap and water, with daily baths, which are more effective than showers."

## Bringing home the bacon

If you gave up bacon and hot dogs a few years back, you're not alone. So did thousands of others, frightened by headlines declaring sodium nitrite, the preservative in processed meats, a potential carcinogen (cancer-causing agent). A 1973 report, issued by a Washington-based consumer activist group, called bacon "the most dangerous food in the supermarket," and demanded that sodium nitrite be banned as a food additive.

Sodium nitrite is one of several nitrite and nitrate compounds long used as preservatives for meat and other products. Nitrites prevent growth of the bacteria that cause botulism (a deadly food poisoning), which flourish in an oxygen-free environment. Nitrites are particularly vital additives for processed meats—bacon, hot dogs, bologna—because their airtight packaging would otherwise provide a breeding ground for botulism bacteria.

The main concern at first was not with nitrites per se, but with nitrosamine, a substance that forms when nitrites react with other chemicals (continued)



## HEALTH HAZARDS

*continued*

called amines. Nitrosamines, which can form during the cooking process or within the human stomach, are potent carcinogens—at least when present at very high levels in laboratory animals.

In July 1974, a panel appointed by the U.S. Department of Agriculture (USDA) to study nitrite additives advised that they be banned or restricted, because of the known dangers of nitrosamines. Upon endorsing the latter suggestion, the USDA was immediately assailed from all sides. Some groups insisted on a total ban; others worried about spoiled foods and botulism; yet others feared economic chaos in the meat industry.

Heated discussion continued, but no specific action was taken. The Food and Drug Administration (FDA) appointed Dr. Paul Newberne of the Massachusetts Institute of Technology (MIT) to do a major study. The results, reported in 1978, were alarming: They strongly suggested that not only were nitrosamines a problem, but that nitrites all by themselves could promote lymphomas (cancerous tumors of the lymph system). Overall, the incidence of cancer among nitrite-fed rats was almost 50 percent greater than in the control rats.

Newberne's study rocked the FDA and the USDA. On the one hand was the risk of cancer from nitrites; on the other, the certainty of increased botulism fatalities without them. In August 1978, it was revealed that the two agencies were jointly planning a gradual phaseout of nitrites.

In the wake of the ensuing outcry, expert pathologists were asked to review independently the actual pathology slides from Newberne's study. Prior to this, scientists had examined only Newberne's report. The conclusion? The nitrite-fed rats were found to have no significantly greater number of lymphomas than the controls!

We now know that nitrites occur naturally in a wide variety of our foods as well as in the human body. Dr. Steven R. Tannenbaum, MIT professor of food chemistry, states in the January 1980 issue of *The Sciences*: "About ten times more nitrite enters the stomach daily from reduction of nitrate in saliva than from nitrite in cured meats; probably thousands of times more nitrite is formed in the intestines than is contributed from pre-formed nitrite in the diet."

### Under pressure

By the early 1970s, scientists had begun to establish links between salt intake and hypertension (high blood pressure), a condition that presents serious risks of heart disease and stroke.

In 1974, for instance, a comparison of Greenland Eskimos and the people of northern Japan showed a correspondence between high salt intake and hypertension. About the same time, experiments on rats corroborated the dangers of heavy salt consumption.

But, it was argued, rats aren't people. And the difference in hypertension rates between the Eskimos and the Japanese in the study might be attributed to differing racial genes.

A subsequent report, however, undermined the skepticism. Presented at a 1977 American Heart Association (AHA) meeting, this pivotal study involved eight racially related tribes in the Solomon Islands. In three of the tribes, blood pressure was found to rise with age, as it typically does in the United States, while that of the other five remained constant. Only one factor correlated with the differences in blood pressure: The three tribes with hypertension had "Westernized" their diets—they'd added salt and had begun to use canned goods, which contain a great deal of salt. And the very highest incidence of hypertension occurred in the only one of those three tribes that boiled vegetables in sea water.

This and subsequent research has convinced experts that salt—or rather the sodium that comprises about 40 percent of sodium chloride, the chemical name for table salt—is unquestionably linked with hypertension. And Americans consume great quantities of salt. According to the FDA, the average per-capita consumption of salt is about eight and a half pounds per year. Other scientific studies have put the amount as high as 15 pounds.

But how much is too much? The precise quantity is still in debate. The National Academy of Sciences (NAS) in 1979 recommended a daily sodium intake of 1.1 to 3.3 grams as "adequate and safe." The AHA, however, considers this recommendation unrealistic. They maintain that so rigid a restriction would be difficult unless one were on a strictly supervised diet, and that for someone who engages in vigorous physical activity, this limited salt intake could result in dangerous dehydration, especially in the summer.

But whatever their disagreement over the precise amount of sodium, both the NAS and the AHA agree that almost everyone gets an adequate amount of sodium without any addition of salt to foods—either at the table or in the cooking process.

And both advise consumers to read labels on canned goods. As yet, the salt content is seldom specified (and it can vary by hundreds of milligrams in differing brands), but ingredients must be listed in order of relative content. If salt or sodium of any kind is

second on the list, you can usually assume a high sodium content. For the future, the FDA is planning to ask food manufacturers to state the sodium content of products on the label.

### The formaldehyde flap

Formaldehyde? Isn't that the stuff the frog carcasses floated in during high school biology labs? Well, yes. But in somewhat different form, it's also used in a variety of consumer products.

In the mid-1970s, urea-formaldehyde foam became a popular insulation material. In some instances, however, formaldehyde vapor began to seep out of the walls and into the home. Soon the Consumer Products Safety Commission (CPSC) in Bethesda, Maryland, began logging complaints of acute illness—nausea, vomiting, headaches, as well as other symptoms—caused, we now know, by an allergic reaction to the vapor.

Government agencies also began receiving reports of illness from mobile-home owners: Formaldehyde is a component of some wood products, particularly plywood and particleboard, used in mobile home-building. In 1978, an industry-financed study was launched to investigate complaints.

By the end of 1979, the results were in, and the question was no longer one of allergic reactions. Almost half the rats subjected to the formaldehyde vapors developed cancer in the form of nasal tumors. And the rats were not subjected to enormous amounts of formaldehyde, points out Dr. Peter Preuss, associate executive director for Health Sciences of the CPSC: "The formaldehyde concentration used was not far from the amounts in some human exposures."

After reviewing the study, a panel of prominent scientists advised the CPSC that formaldehyde, in their opinion, poses a definite cancer risk to humans. Additional experiments, done under the direction of Dr. Arthur C. Upton at New York University's Institute of Environmental Medicine, corroborated the panel's conclusions.

Formaldehyde is used as a binder—a sort of "glue"—in a variety of products. It is typically part of a chemical compound known as a polymer. If too much "free" formaldehyde (that is, not bound into the compound) is present, the excess is released in the form of formaldehyde vapor. Free formaldehyde can occur in the manufacturing process, or it can be freed by the breakdown of the polymer into its original components. Dr. Preuss believes that both are continuing problems in foam and wood products.

Urea-formaldehyde foam is still being used, as are the formaldehyde wood products. But some states have banned the foam, and others are considering a ban. The

*(continued)*



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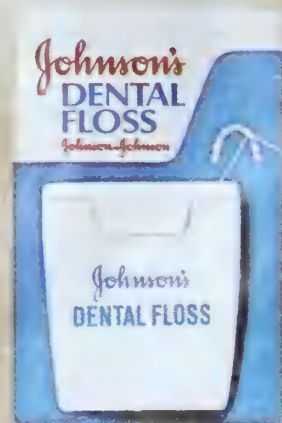
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## HEALTH HAZARDS

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National Cancer Institute (NCI) has launched a study to follow up 17,000 people exposed to this chemical in the workplace. They expect to have the results in 1984.

Meanwhile, the CPSC scientists are recommending an unqualified ban on further use of urea-formaldehyde foam insulation, and are continuing to study formaldehyde use in wood and other products. A decision will be made no later than February 13, 1982. As Dr. Preuss observes, animal experiments and studies on humans with known exposure are the only ways to find out whether a chemical causes cancer. Since repeated animal experiments have been definitive about the dangers of formaldehyde, the CPSC would rather not delay its decision until the NCI study is concluded in 1984.

People who have urea-formaldehyde insulation or who live in mobile homes with plywood construction are at very low risk unless they have noticed symptoms, says Dr. Preuss. But if you suspect a problem, your local or state health department can test your home's formaldehyde level or direct you to a commercial testing service.

### Tobacco, alcohol and pregnancy

The question of alcohol use during pregnancy has raised much controversy over the past few months. A condition known as "fetal alcohol syndrome"—characterized by skeletal and organ malformations, growth deficiencies and mental problems—has been well established. But the syndrome has been documented only in offspring of alcoholic mothers. What about small quantities of alcohol? Is a glass of wine with dinner harmful?

The federal government seems to think so. Last summer, the Surgeon General issued an advisory stating flatly that women who are pregnant or attempting to become pregnant should abstain from all alcohol—including the small amounts present in foods and medicines.

And what do physicians think? Many feel that the Surgeon General's advisory was unwarranted. While some studies have found significant effects on the offspring of "moderate" drinkers, critics point out that "moderation" has always been self-described. And, of course, not only is the number of drinks important, but also the percentage of alcohol in the liquor, the size of the drinks and the amount of alcohol in relation to body weight.

"The advisory has put us in something of a bind," says Dr. James T. Howard, Jr., a consultant in gynecology to the Westchester Division of the New York Hospital-Cornell Medical Center. "We actually used to suggest an occasional drink—a glass of wine, or milk laced with something stronger—as a nighttime relaxant." What does Dr. Howard now advise? "Of course, I'm obligated to tell patients about the Surgeon General's statement, and I do so. And I add that, in my view, a pregnant woman should certainly take no more than two drinks in any twenty-four-hour period."

Smoking is something else. Many studies have established an undisputed correlation between maternal smoking and impaired fetal growth, low birthweight, premature birth and stillbirth. And at least one major researcher, Dr. Richard L. Naeye of the Pennsylvania State University, has suggested that maternal smoking may be one of several factors involved in the tragic Sudden Infant Death Syndrome.

"I'm really firm on the subject of cigarettes," says Dr. Howard. "They endanger both the smoker and her child. I tell my patients who smoke that this is the time to stop—because now they have every reason to do so." **End**

*Dodi Schultz is a free-lance writer on science subjects, and executive vice president of the American Society of Journalists and Authors.*



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# HOW AMERICA

*A celebration of the varied ways people are reaching out to others, coping*



## AMERICAN ENTERPRISE: Alive and Well



Six years ago, Chris Scarlett, housewife and mother, invested a mere \$128 to start her own business. Last year, 38-year-old Chris Scarlett, designer and businesswoman, hit \$150,000 in sales.

"It started as a fluke," says Chris, who lives in St. Paul, Minnesota. "I enjoyed making clothes for my two nieces, and friends kept telling me that I could sell the outfits. One day I took some things I had made into a Minneapolis shop, and I came out with an order!"

That first order was for three dozen halters to be delivered in three different sizes. Chris worried about what she had gotten herself into, but promptly transformed her dining room into a factory and got to work. After the first order was delivered, the shop owner asked Chris when she could see her fall line. "I said, 'What's a fall line?'" Chris laughs.

Orders came in from other local stores, and Chris put all her profits back into the business. Soon she ventured beyond Minnesota, hiring sales representatives in Chicago, New York, San Francisco and Dallas. She still does the local selling.

"The Scarlett Rabbitt" label is primarily found in children's specialty shops. Using gingham, stripes and calicos, Chris, who learned to sew from her mother and in the Girl Scouts, designs quilted overalls and matching jumpers with hand-sewn appliques depicting things that appeal to kids—rocket ships, dinosaurs, flowers, pencils. For summer, lighter fabric is used for sunsuits and short-



alls. Retail prices range from \$16 for sunsuits, \$20 to \$27 for jumpers and overalls in sizes from infant to 6X.

With an expanding business, Chris hired 12 local women who do superb needlework to sew at their homes. She's also taken on an assistant designer and several part-time employees: a cutter, a shipping clerk and a bookkeeper. "I never dreamed that this would become so big," Chris admits. "Having your own business sounds glamorous, but it's hard work. I'm responsible for the rent, a payroll and my own salary. It's satisfying, however, or I wouldn't still be here."

The stresses increased two years ago when Chris moved her business from her home to commercial space. During that time, she and her husband were divorced. She does not, however, connect her increasing success in business with her divorce in any way. "But I can support myself now," she says.

Chris, a social worker before her marriage, has gained on-the-job business know-how. "The biggest mistake I made was being under-capitalized," she says. "I am trying to slow my rate of growth now because it takes too much money to grow so fast. This has been a learning experience. I think that a lot of business knowledge is just common sense."

In the future, Chris sees her business reaching a million dollars in sales. For 1982, she projects over \$200,000, and will add shirts and bibs to her line. Eventually, she would like to go into catalog sales.

The Scarlett boys, 11-year-old Donald and eight-year-old Michael, are excited about the business. "Our logo, 'The Scarlett Rabbitt,' is copyrighted," Chris explains, "and the boys own it. Maybe someday the royalties will send them to Harvard Business School," she says, not totally joking.

If you're interested in starting a business, contact the Small Business Administration (SBA) office near you for management and technical guidance. You can also write for a free copy of "Women's Handbook: How the SBA can help you go into business," Consumer Information Center, Dept. 517K, Pueblo, Colo. 81009.



## SERVICE: Parents Helping Parents

In Rockville, Maryland, they call themselves "Parents of Teens." In San Antonio, they are "Parent Peer Groups." In other places they are called parent support groups or parent networks; in Oakland, California, one group humorously calls itself "Bananas."

Increasingly, ordinary parents of ordinary children are getting together on a regular basis to share problems and to find answers to the never-ending mysteries of child rearing. A parent group may grow out of meetings that began with a specific purpose—a course on drug awareness, a P.T.A. lecture or childbirth classes. While some groups hold regularly scheduled meetings with lectures and homework assignments, others communicate only by telephone. The problems that are discussed include drugs and alcohol, using the car, household chores, curfews and, perhaps the most popular topic, homework.

In Boston, Maureen Turner, a psychiatric nurse, started a network called Coping with the Overall Pregnancy/Parenting Experience (COPE) because, as a first-time mother, she felt the need for a support group. Nine years later, COPE exists in 30 communities around Boston and is starting up in other cities. Each COPE group has a trained discussion leader and meets for one year, although some groups continue beyond the formal sessions.

San Antonio's Parent Peer Groups started with a series of drug seminars. Then the parents of children who were friends formed networks to discuss what rules they should set up for their kids and how to enforce them. Except for an initial organizational meeting, all group business is done by telephone. "We keep in close contact," says Karen Parks, mother of an 11-year-old girl. "We set guidelines so that Susie can't say, 'But Judy's mother lets her do that.'"

Bananas started informally in the playground when Arlyce Currie and





# LIVES

h problems. By Joyce Kuh

a few other mothers began talking around the sandbox. Today, Bananas is a service center for parents all over Oakland. Among other functions, Currie explains, "We put parents together who are looking for support groups and we provide ideas about how to structure a group."

You might find parent groups—or other gatherings that could evolve into parent groups—at churches, P.T.A.'s, mental health clinics, single parent centers or the neighborhood Y. If you want to start your own group, here's some advice:

"We tried different ways, but found that we were most successful when we had a format, a specific topic to discuss," says Barbara Valakos, one of the originators of Rockville's Parents of Teens.

The group started as a ten-week study course on communicating with children and is still going three years later. Caroline Tinkham, a member of Parents of Teens, adds: "You must have a leader to give direction. Without one, you may sit and chat for two hours."

Some of the groups devise their own outlines for discussions. Others use printed materials, which vary in method, focus and cost. Here's a list of materials that will help you get a parent group organized and give you information for discussions.

Parent Group Starter Kit (\$10)  
National Federation of Parents for  
Drug-Free Use  
P.O. Box 722  
Silver Spring, Md. 20901

Help For Parents (\$1.75¢ each  
for 25 or more)  
Winning Teenagers Over (\$3.25)  
N.A. Society of Adlerian Psychology  
159 N. Dearborn St.  
Chicago, Ill 60601

Parents' Handbook (\$6.95)  
Systematic Training for Effective  
Parenting (STEP)  
American Guidance Service  
Publishers' Building  
Circle Pines, Minn. 55014

Parents Are Important (\$2)  
Ill. Congress of Parents and Teachers  
901 South Spring St.  
Springfield, Ill. 62704

## COMMUNITY ACTION: Making Downtown Safe

A daytime rape in the ladies' room of an office building prompted a group of women in Cleveland, Ohio, to take action. "There had been a number of attacks in offices," says Helen Williams, who was then director of a newly formed organization called "Cleveland Women Working." "We inspected the building and found several security defects."

When the management failed to keep an appointment to discuss the problems, CWW invited TV and newspaper reporters to take a look. Security changes were soon made.



Cleveland Women Working had been organized originally to address on-the-job problems such as wages, benefits and promotions. "But we realized that we could look into the question of safety as well," recalls Ms. Williams.

Initiating a new project called "Target: Safety," CWW met with security experts, the police department, building managers and officials from a rape crisis center. The women devised a comprehensive questionnaire that revealed just how safe an office building was. They also made suggestions for solving security problems. With the help of women who worked in various offices, CWW surveyed 20 buildings. Then the organization approached building managers with their ideas for improving security, but at first the managers were hesitant. "They wondered who were these women telling them what to do," says Kathy FitzSimons, project director.

Through the Law Enforcement Assistance Administration, CWW received a grant that allowed them to continue the program for two years. During this time, CWW surveyed 80 office buildings, conducted about 50 security seminars for office tenants, produced safety brochures and a slide show, and ran a "Downtown Safety Day" in which 75,000 people took part.

They also finally gained respect from city officials and business leaders. The police sent a representative to sit on the project's advisory panel, and several building managers even took the initiative, asking CWW to survey their premises and conduct seminars for their tenants. "The hardest job we had," says FitzSimons, "was establishing credibility, convincing the downtown community that what we were doing was valuable."

Many of the "Target: Safety" recommendations were simple ones: establish and publicize a standard emergency procedure; inform tenants, in writing, if a criminal incident occurred in the building; and lock freight elevators. More costly suggestions included hiring security guards for lobbies and putting good locks on restroom doors. CWW also offered employees some personal security tips, such as:

- Establish a buddy system at work, so that one person will always know where you are going and when you're expected to return.
- If working after hours, be sure that a security guard is on duty or that the building is locked.
- Always ask repair persons for identification.

Funding for "Target: Safety" ran out when LEAA was disbanded, but the Cleveland group is now looking for other means of financial support to continue what many consider a successful project. "The feedback from office workers and employers has been very positive," says FitzSimons. If you're interested in starting a similar safety project, you can obtain a sample of CWW's materials for \$4.50. Write: Target: Safety, Cleveland Women Working, 1224 Huron Road, Cleveland, Ohio 44115.



# MY BROTHER JOHN

By Samantha Grove Johnson



**Many families have a relative who is “different.” My brother John is like that. When I was young, he protected me, but now it’s my turn to help him. This is the story of our battle with his mental illness—a struggle few talk about but millions share.**

My brother John is tall and skinny, with thick wavy brown hair; handsome features at the top and big feet at the bottom. Somewhere in John there exists a gentle spirit; you can read it in his large brown eyes. But sometimes just the sight of him makes me feel pain.

One such time I recall was Christ-

mas Eve, 1975. I had flown from New York to Georgia that day to spend the holiday with my family, and had just driven the 40 miles to a state mental hospital to pick up John. He suffers from chronic schizophrenia, a mental disorder characterized by separation of emotion and thought, by hallucinations, delusions and bizarre behavior.

John had already spent more than a decade at the hospital, and during visits I had noted the physical and spiritual erosion caused by both illness and institutionalization. Looking at him that afternoon, I had to fight back tears.

John was underweight to the point of appearing emaci-

ated. Torn and mismatched clothes hung from his stooped shoulders, and too-short pants barely covered his shins. Something black and odious was encrusted on an ankle. John smelled as though he hadn't had a bath in days. His bare feet were crammed into shoes that were too small, causing him to walk stiff-legged, and there was a haunted look in his eyes.

John slept all of Christmas Eve and Christmas Day. “Got to sleep,” he pleaded when we asked if he wanted to help decorate the tree. He ate only a little of the food we took him on a tray, and his presents remained in a neglected pile under the tree. Perhaps John had received too much medication. Perhaps he was exhausted from sleeplessness. Or perhaps he had no spirit for merrymaking.

Today John is 41. His condition is chronic. Periodically he regresses, often the case with schizophrenia's cyclical syndrome of regression and remission. When my brother is at his worst, he hallucinates, speaks incoherently, is ambiguous about his needs, eats unnatural foods, (continued)



*Although today John is an inmate in a state mental hospital, his sister visits him often so they can play softball, walk, talk, be together and dream of the day when he'll be able to live in the community once again.*



# Sweet Dreams to Sew

Romantic  
cotton nightgowns to  
make in a wink from  
complete, pre-cut kits.

By Ann B. Bradley,  
Craft Editor



Sleeping beauties will cherish these delicate nightgowns that capture the femininity of Victorian heirlooms at a fraction of their cost. Both are simple to sew from pre-cut, easy-care poly/cottons. Kits include fabric, lace, ruffles and trims, and complete instructions. Sizes S (8-10), M (12-14), L (16-18). *Left:* Item #8236. Dainty, puffed-shoulder gown in sky-blue broadcloth with easy-to-pleat accents in white. V-yoke has simple lace details and buttons so gown can double as a slip-over-the-head robe. *Right:* Item #8237.

Floating snow-white batiste gown has yoke of narrow lace ruffles with a cameo inset. Wider lace circles wrists and hem. To order: Send check or money order for \$17.95 plus \$2 postage and handling for each gown to: The Charter Guild Ltd., Dept. 294, 1419 West Fifth St., Wilton, Iowa 52778. Include item number, size and shipping address. N.Y. and Iowa residents must add sales tax. MasterCard and Visa customers include card number, expiration date and cardholder signature with order.



## MY BROTHER JOHN

*continued*

such as cigarettes and soap, loses control of his bladder, vomits when he is upset, and distrusts people.

If you had told me when I was growing up that my brother was going to end up in a mental hospital, I would have thought that *you* were crazy. As children, John and I relied on each other for companionship. John, the older by four years, was expected to take care of me—see that I wasn't kidnapped or make sure that I didn't drown at the pool.

Although he rarely applied himself in school, he managed to get by with little studying. One of his teachers even told our parents that John had a very high I.Q.

Then, when John was 17, the police brought him home late one night. He and some fraternity brothers were caught stealing hubcaps as a prank, but it was a prank that misfired. They endured an emotionally grueling trial and were put on probation for a year. John never talked to me about this, but I knew how guilty he felt about "having let the family down" and "having marred [his] reputation."

John's withdrawal was so gradual that no one noticed at first. Quiet by nature, he became even more so. School became difficult, and he barely made it to graduation. After a semester of college, he dropped out. Back home, John became a health food freak and a religious fanatic. He became weird before it was a popular thing to be. John fought with Mother and Dad. He told the minister to go to hell. Trying to talk to him was like talking to a brick wall. He felt no one loved him and that he loved no one. Life was pointless. John was angry—angry over the rejection, the failures, the emotional hardships.

He disappeared into the woods for days at a time, and, like a frightened animal, avoided everyone. Then one evening, he came to the dining room window and begged, "Please, Daddy, help me. I'm so sick."

I was terrified. I didn't know what was happening to John. The older brother whom I had tagged behind for years was ill, but I didn't understand his sickness, or how to help him.

A psychiatrist was consulted. He advised putting John in the state hospital. "It's going to take a long time and a lot of money to get your son well." And that's where John's chances for getting well may possibly have ended.

At first, John came out of the hospital for months at a time; then he'd have to go back. Sometimes he'd go willingly; sometimes he'd have to be taken by the police.

Early in his illness, he biked to Al-

aska and homesteaded there for nine months before having another breakdown and returning to Georgia, where he entered the hospital. The shock treatments frightened him, and the drugs made him so groggy that he could barely talk. Over the years, as his condition worsened and he failed to respond to a long list of psychotropic drugs, hopelessness set in, and John was shunted to the back ward.

There, John was physically abused, raped and put in isolation when he rebelled. He was provided with shabby clothing (his own was stolen), was allowed to develop nicotine poisoning (caused by eating cigarette butts), and developed a heart condition, which we were never informed of. At one point both his arms were broken—we were never able to find out how.

Instead of being cared for, John's body was horribly abused and his spirit broken. John is six feet two inches tall, but his weight dropped to only 130 pounds. Many of his teeth decayed, and his arm shook from the side effects of medication. I was afraid John was dying. He told me, "I'm already dead."

I remember our weekend visits to John, the feelings of shame, the recriminations over whose fault it was that John had become mentally ill—a paranoid schizophrenic. John had threatened our parents and they were afraid of him. They asked me not to mention his illness and I didn't, even when my sociology class took a field trip to the hospital, and I was terrified we would bump into John on one of the wards.

### The pain we both felt

I know the pain that I felt—that I still feel—and can only imagine John's to be a hundredfold: the bewilderment, the neglect, the ostracism by society, the rejection by friends and family members. The loss of personal freedom, of self-esteem. And to top it off, the incredible shock of finding that your mind doesn't work properly, that thoughts no longer connect, that you see rabbits on top of someone's head, and from somewhere in your past, you know that's not supposed to happen.

In the mid-70s, with my parents both elderly and my father's health failing, I felt John had become my responsibility. I began researching Dad's insurance policy, and looking for private hospitals in New York, where I was working as a free-lance writer. After more than a year of negotiating, New York Hospital in White Plains agreed to accept my brother to determine whether a newly formed program for chronic schizophrenics would be an effective one for him. John was put through weeks of testing and treatment, only for us to be told in the

end that our insurance company had changed its coverage and now had a \$20,000 limit, which would soon be used up at the \$250-a-day hospital.

No one agreed on where John should go when his insurance ran out. New York Hospital said, "Back to Georgia." I said, "No!" New York Hospital suggested a nearby state hospital. I said, "No, they're all alike." I suggested, "Home with me. I'll take him." New York Hospital said, "No!"

### Bringing John home

I applied for guardianship, but I knew that bringing John home would be excruciating. Everyone had said so—my lawyer, psychiatrists, social workers, friends. I remembered the warning of John's psychiatrist, Dr. Herbert Saltzstein: "You can't keep your brother at home. There's no way you can help him get better. I've seen it fail even with wealthy families who could afford round-the-clock attendants. You'll make your life miserable; you won't be able to work, and you and your brother will end up on welfare."

Everyone seemed to be thinking of me; no one was thinking of John and the poor chances he'd have of ever getting well in a state hospital. And at the court hearing, the judge ruled in favor of New York Hospital's request—that John be transferred to Rockland Psychiatric Center, a state facility.

Ten days after his transfer, John told me, "You shouldn't leave me here." I applied for a second hearing and five months later became John's guardian.

John's first week home, in July 1978, turned out to be a nightmare for me and an extended anxiety attack for him. Every bar of soap in the house contained his teeth marks; he drank water until he threw up, and his hyperactivity took him all over the house, with me dogging his heels. I even timed my trips to the bathroom to coincide with his so he wouldn't wander away. John laughed incessantly, talked incoherently and wet the bed endlessly. One morning I awoke at one-thirty to discover the back door ajar and John striding away into the dark. "Where are you going?" I called in my loudest whisper so I wouldn't wake the neighbors. "Taking a walk, taking a walk," he replied. "Come on," I urged, "I'll fix you some warm milk." Warm milk proved a remedy for John's insomnia; however, it didn't cure mine.

John was enrolled in the Rockland Community Mental Health Clinic in nearby Yonkers, an out-patient treatment center funded by the state, which offered a day rehabilitation program for people trying to make the transition from hospital to community. After his first day there, John came

*(continued on page 126)*

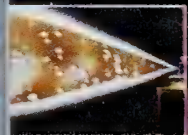


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precious mink oil in every drop.





# The '80s Baby Boom: A Boon to the Economy

**Raising a child is an expensive undertaking—  
which is bad news for parents, but good for the nation as a whole.**

We are into another upsurge in baby births that will approach, if not match, the great "baby boom" of the early post-World War II years. What is happening is that those babies born in the late '40s and early '50s are now grown and having babies of their own.

But look around you—in the supermarket, in the park, on the street—wherever you see mothers with babies. There is a significant difference between many of these women and the new mothers of previous generations. They are 30 to 35 years of age or older—women who reached the "now or never" stage and decided to have children at last. And that's an important change of major ramifications to our entire economy.

## The "Now or Never" Baby Boom

The birthrate among women in the 30- to 34-year age group has climbed to 11.1 children per 1,000 from 7.8 children per 1,000 a mere five years ago, says health economist Rachel Golden.

The number of births as a whole was 3 percent higher in 1980 than in 1979, and in the first six months of 1981 the birthrate was running nearly 2 percent above the level of the first six months of 1980. Hospital admissions for births jumped 3.8 percent as of mid-1980 as against mid-1979—and the U.S. Census Bureau predicts these trends will continue throughout this decade.

## Where the Births Are Greatest

The rise in births has been most rapid in the Pacific, South Central and Mountain regions of the U.S. In California, already the nation's most populous state, births are now topping 400,000 a year. The number of non-white births has been rising more rapidly than the number of white births. The reason: increased immigration from Mexico, Central America, the Caribbean and the Far East.

*What are some of the major ramifications to our economy of this trend toward births at a later age?*

The meaning of this new baby boom will be profound and will involve a wide range of industries and interests. For instance, we'll see:

- A growing network of natal centers to provide intensive care for the high-risk babies of older mothers.
- A rise, for the first time in 15 years, in elementary school enrollment, thus increasing job opportunities for teachers. After this will naturally come increasing enrollment in high schools, then colleges.
- An expansion, so long postponed, in a broad variety of industries geared to babies and young children. Among these: baby food, diapers, children's clothes, toys. And many of the new mothers in the 30- to 35-year age group who have planned for their babies and are working will have the income for luxury child-care items.
- An expansion, too, in appliances, textiles, home fur-

nishings, personal products, textile and retailing industries. Washing machines and dryer sales will obviously rise. So will sales of furnishings for the rooms for babies-toddlers-children-teenagers-college students. As for clothes, just think of an infant and its needs as it grows from a baby into a young man or woman.

● An even greater demand for multi-family houses, small row-garden apartments, townhouse developments, "permanent" mobile homes. The Census Bureau foresees 22,000,000 new households in the next 20 years. Many of these families simply won't be able to afford today's single-family home, nor the mortgage rates required to buy it. Rather, they will lead a movement both toward the shelter they can afford, as well as a return to the time in which several generations shared one roof.

*Will there be jobs for the children when they grow up to enter the work marketplace in the 1990s and 2000?*

Yes—and, in fact, these young workers may have an economic advantage in terms of jobs and income, according to Robert Easterlin of the University of Pennsylvania's Department of Population Studies. There soon will be a relative scarcity of new workers due to the low birthrate of the past 20 years. This can only benefit the babies born in the 1980s, who will be in demand even as very young adults.

And for the 1990s, two-paycheck couples, backed up by a strong, ongoing supply of new workers, will be able to provide the manpower and earnings essential not only to support our economy but to provide a healthy rise in all living standards. **End**

## The High Cost of Bringing up Baby

*The bottom-line cost of raising a child through age 18 in a middle-income family, based on 1980 prices.*

Expense Item	Cost
Childbirth (including hospital fees, medical expenses, layette and maternity clothes).....	\$2,485
Housing (including portion of rent or mortgage payments, fuel and utilities, household goods and services).....	\$24,711
Food (both from restaurants and home).....	\$17,931
Transportation (represents 1/4 of purchase price and maintenance of cars, cost of gas).....	\$12,027
Clothing and shoes.....	\$5,685
Medical care (not including insurance payments).....	\$3,717
Education (not including school taxes).....	\$1,021
Miscellaneous (birthday parties, toys, movies, haircuts, etc.).....	\$7,726
"Lost income" (assuming mother stays home from work for 8 years).....	\$70,000
<b>TOTAL.....</b>	<b>\$145,303</b>

Compiled by Thomas Espenshade, a senior research associate at the Urban Institute in Washington, D.C.



# SPEND 20 MINUTES SAYING "I MISS YOU". AND SPEND ONLY \$3.84.



**Bell System**

A twenty minute call anywhere coast to coast is only \$3.84 or less. That's for out-of-state calls, and it includes tax. Just dial direct any time Saturday, or Sunday till 5. The chart below gives you many examples of city-to-city prices. So if there are some people you miss, make sure you don't miss out on this great chance to visit them.

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All prices are for 20 minute out-of-state calls dialed direct, without operator assistance, anytime Saturday, Sunday till 5 p.m., or any night after 11 p.m. till 8 a.m. A different schedule of attractive dial-discount rates applies to both Alaska and Hawaii.

To find the rate between two cities, trace down the vertical column of one city to its intersection with the horizontal column of the other city, as illustrated.

	NEW YORK	NEW HAVEN	MILWAUKEE	MEMPHIS	INDIANAPOLIS	DETROIT	DENVER	DALLAS	CLEVELAND	CHICAGO	BOSTON	ATLANTA
SEATTLE	3.50	3.84	3.67	3.84	3.84	3.67	3.67	3.84	3.67	3.84	3.67	3.84
SAN FRANCISCO	3.84	3.67	3.84	3.84	3.67	3.67	3.84	3.84	3.67	3.84	3.67	3.84
PHILADELPHIA	3.67	3.67	3.49	3.50	3.50	3.50	3.50	3.67	3.49	3.50	3.67	3.50
OMAHA	3.67	3.67	3.50	3.50	3.50	3.50	3.50	3.67	3.50	3.50	3.67	3.50
NEW YORK	2.68	3.50	3.67	3.50	3.50	3.67	3.67	3.49	3.50	3.50	3.67	3.50
NEW HAVEN	3.50	3.50	3.67	3.50	3.50	3.67	3.67	3.49	3.50	3.50	3.67	3.50
MILWAUKEE	3.50	3.50	3.67	3.50	3.50	3.67	3.67	3.49	3.50	3.50	3.67	3.50
MEMPHIS	3.50	3.50	3.67	3.50	3.50	3.67	3.67	3.49	3.50	3.50	3.67	3.50
INDIANAPOLIS	3.50	3.50	3.67	3.50	3.50	3.67	3.67	3.49	3.50	3.50	3.67	3.50
DETROIT	3.50	3.50	3.67	3.50	3.50	3.67	3.67	3.49	3.50	3.50	3.67	3.50
DENVER	3.50	3.50	3.67	3.50	3.50	3.67	3.67	3.49	3.50	3.50	3.67	3.50
DALLAS	3.50	3.50	3.67	3.50	3.50	3.67	3.67	3.49	3.50	3.50	3.67	3.50
CLEVELAND	3.50	3.50	3.67	3.50	3.50	3.67	3.67	3.49	3.50	3.50	3.67	3.50
CHICAGO	3.50	3.50	3.67	3.50	3.50	3.67	3.67	3.49	3.50	3.50	3.67	3.50
BOSTON	3.50	3.50	3.67	3.50	3.50	3.67	3.67	3.49	3.50	3.50	3.67	3.50
ATLANTA	3.50	3.50	3.67	3.50	3.50	3.67	3.67	3.49	3.50	3.50	3.67	3.50



# Layover in King City

**Grandma Spooner was the last person Raney wanted to call on for help, but she and the children were, suddenly, desperate. What else could she do? A short story by Merrill Joan Gerber.**

They never should have chanced it. Now Raney would have to spend her last \$40 on some barren motel room instead of camping one more night under the redwoods. Even with the rain, they would have been fine in the tent tonight, but Jimmy had woken up sick this morning and his croupy cough scared her. She pulled up the stakes a day early and started home with both boys protesting to her that their Christmas camping trip had one more day to go.

"It's going to rain," Michael, the nine-year-old man of the family, said wisely. "We better leave tomorrow, like you said we would."

"Jimmy needs to get home to the vaporizer," Raney replied.

"Sometimes, you know, when his cold gets croupy, he can't breathe well during the night. I want to be home tonight, so he can have the steam."

In Raney's mind, the warmly steaming vaporizer was like a beacon in the dark, standing for the security of her home, a shelter with a phone in it, and at the

other end of the line the reassuring voice of her pediatrician telling her not to panic, that croup sounded much worse than it actually was, that in all his years of practice he had never lost a single child to croup.

But now, as dusk fell, she could barely see through the flood of water sheeting on the (continued)





## LAYOVER IN KING CITY

*continued*

ndshield of the van. Though she had just gotten a full  
nk of gas, intending to make it all the way home to Los  
geles tonight, she knew at this point it would be impos-  
le.

Jimmy, in the back of the van, was racked by a cough  
d Raney called over her shoulder, "Stay in that sleeping  
g. I don't want you getting chilled." The cough had a  
king, ringing sound that terrified her. Once, five years  
o, Jimmy had actually turned blue during a croup  
ack, struggling against her as she held his head close to  
steam coming from the shower spray. When the  
ashing had stopped and his body had gone limp, she  
d cried out for her husband, Bill, who had run, bleary-  
d from sleep, into the bathroom to see the ashen face of  
son. Raney remembered screaming, and then seeing  
l shake Jimmy. Desperately, she had thrust her fingers  
vn her son's throat to do something, anything. Somehow,  
hysterical act had made the child gag, choke, cough,  
n breathe, and the color had come back into his face.

It wasn't with her now, to share her terror or anything  
e since their divorce, and whatever she had to handle  
s her problem and no one else's. She had to decide what  
lo.

Look at that lightning, Mom. Wow!" Michael sat belted  
o the seat beside her. She could hear the car riding  
ough water as if it were a boat. She slowed and tested  
brakes. Whatever she knew about cars, Bill had taught  
l. She knew she didn't want to drive very far with wet  
kes.

Let me know if you see any motel signs," Raney said to  
boys. "We'll have to stop soon. I was hoping we could  
ve right on through and be home by midnight, but  
re's no way I can go more than ten miles an hour in this  
mpour."

There's a sign!" Michael yelled. "King City Motel."  
ey slowed, looking for the freeway exit. "It's in ten  
es; don't get off here," Michael said.

King City is where Grandma Spooner lives," Jimmy  
d hoarsely. "Let's go see her! She does neat card tricks."  
Mommy doesn't like her," Michael said. "Don't you re-  
mber she tried to steal our house and all?"

That's impossible," Jimmy said. "It's way too big. But  
se let's go visit her. I'd like to tell her about the deer  
saw, and show her all the pinecones we collected in the  
ods."

You know," Michael said, "we haven't seen her in so  
g. She has a really nice voice." He shrugged his shoul-  
s at Raney. "I wish we could go see her even if she did  
to steal the house."

How could she steal a house, *anyway*?" Jimmy asked. "I  
t remember that."

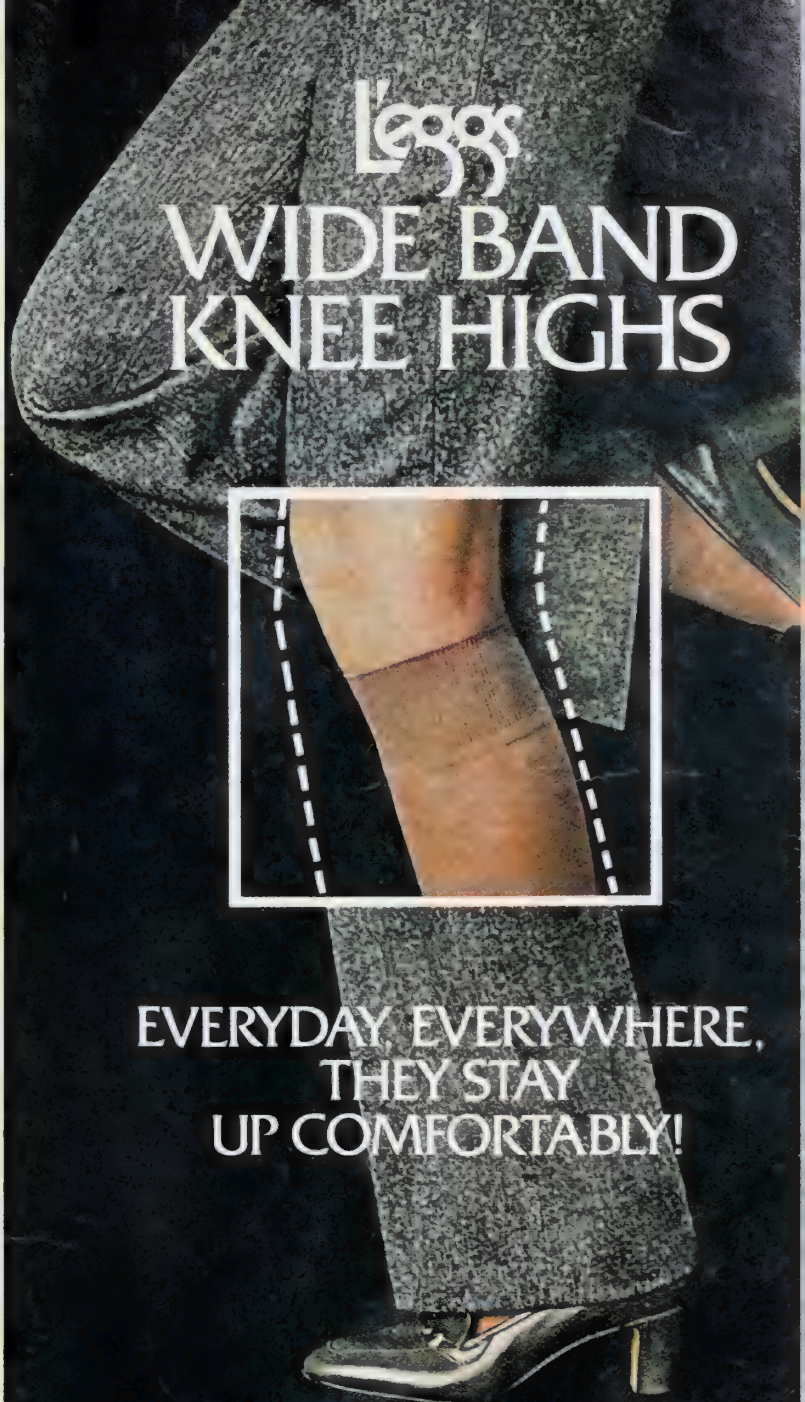
Oh," Michael said, "you go to court and steal it."

Well, not exactly," Raney said. "It's a long story."

Tell it," Jimmy said. "I like long stories."

Not this kind, you don't," Raney said firmly, thinking,  
ndma Spooner. Raney Spooner. She'd disliked her mar-  
name so much after her divorce from Bill that she'd  
en back her maiden name, Raney Brice, which seemed  
much more her own. It was the name she'd entered  
ergarten with, the name she'd written on her school  
ks, her notebooks, her letters. After she'd changed it,  
s mother was furious that she'd repudiated her own  
s' name and indicated it would cause the boys only  
usion and grief. But Raney felt she had no choice.  
er Bill had left to save himself "from the rat race," as  
had put it, she felt his name was an ugly stain she had  
arry around, a joke repeated every time she signed it to  
heck used to pay an overdue bill.

*(continued)*



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**Honest Bread**



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## LAYOVER IN KING CITY

*continued*

"We had to change all the locks in the house so Grandma Spooner couldn't get in," Michael explained to Jimmy. "Don't you remember? First, Mommy pushed furniture against all the doors so Grandma Spooner couldn't get in the house, and then Mommy crawled out the window with us and drove to the lock and key store. She got the man to change all the locks on the doors, to keep Grandma Spooner out."

"That sounds cool," Jimmy said. "I wish I remembered it. Did Grandma Spooner have a gun?"

"Oh, Jimmy," Raney said. "It wasn't like that. Your grandmother isn't a criminal. She didn't try to steal the house as a robber would. I'll try to explain it. When your father and I first bought our house, Grandma Spooner loaned us some money for a down payment. To protect her money, her name went on the deed to the house, along with mine and your dad's. Then, when Daddy and I got divorced, and the court gave me Daddy's third of the house, they didn't know what to do with Grandma Spooner's third. That's when her lawyer told her that if she wanted to claim it as hers, she had to

move in, and she called me one night to tell me she was moving in with us in two hours! Just like that! Your dad took off, and his mother was moving in! To live in my house."

"But she already lived in a trailer right here in King City," Michael said. "She didn't need our house!"

"You bet your boots she didn't!" Raney said. "Even when I offered to pay back the amount she loaned us, she refused to take it. She said she'd rather own a third of the house, since the house was worth much more at that time than when she'd loaned us the money. She said she planned to live in it with us till I agreed to sell it and give her a third of the selling price!"

"That's terrible," Jimmy said hoarsely. "I guess it's terrible . . . I suppose," he added dubiously.

"Money does funny things to people," Raney said. "Maybe when you're older this will make more sense to you. But anyway, we changed the locks so Grandma Spooner couldn't use her key to get in. Soon after that, I took out a second mortgage on the house and paid her back what she'd loaned us. So you don't have to worry. Now the house is all ours."

"Why did she have a key?" Jimmy asked.

"Because we trusted her," Raney said.

The rain fell more heavily now, and the wind blasted against the side of the van. Raney was having trouble keeping it on the road.

"What's that funny thump?" Michael asked.

"It's just wind," Raney said.

"Not wind," Michael said sensibly. "Flat tire."

"Oh, God, no!" Raney said. "It can't be."

But there it was: lurch, thump, lurch, thump.

"Pull over and we'll change it," Michael directed.

"Don't be silly," Raney said. "We'd drown. Besides, I've never changed a tire on this van, and I'm not sure I can."

Her eyes searched the dark road for the closest exit.

"You're going to ruin the wheel," Michael said. "You're not supposed to drive on it."

"So we'll ruin it," said Raney. "It won't be the first ruined thing I've had to deal with."

A dim sign up ahead came clear in the headlights. "King City: Food, Gas, Lodging."

Raney drove the car slowly along



off ramp and into the first gas station she saw. She got out of the van and stood by, under an overhang, while the attendant examined her tire. "It'll have to wait till the morning, I'm afraid," the young man in a blue raincoat said to her. "Your tread is all gone, and even if we repair the flat, the tire is ready to blow. We can get a retread in the morning, but we won't have the right size here now. The fellow who does that work has gone home. I'm here just to sell gas, and only for another ten minutes at that." "But we have nowhere to spend the night," Raney said.

"Motel just down the road. If you pick up your stuff and wait a few minutes, I'll give you a lift over there as soon as I close up."

"Let me think a minute," Raney said, getting back into the van. She had \$40 in her bag. She'd long ago canceled her credit cards, because Bill had continued to charge purchases on them after he'd left her. And these days, no one took a chance on an out-of-town check, which meant she had to use the cash she had on the new tire, to use it for a motel and chance having a blowout tomorrow.

Jimmy's convulsive cough shook him again. Raney wished she hadn't spent the extra money to take the boys on a tour around San Francisco's harbor

their first day going north to the redwood forests.

"Let's get a motel with a water bed," Michael said.

"Or we could just sleep outside in the mud," Jimmy suggested.

"How much would a retread be?" Raney asked the young man through the window.

"Oh—thirty-five bucks, maybe."

"I don't suppose we could get a really cheap motel room around here."

"Thirty years ago you could've. Not now."

"Call Grandma Spooner," Jimmy said. "We could camp out at her house."

Not with my dying breath, Raney thought. Not if she were the last human being on earth.

**B**efore the gas station closed, Raney bought three dollars worth of candy, chips and soft drinks from the vending machines. The young man said it would be fine with him if they spent the night in the van—they were welcome to park it at the side of the building, and he would leave the key to the rest room hanging on an outside hook.

"Yummy," Michael said. "Chocolate for dinner."

"Enjoy it," Raney said. "This may never happen again."

"It's too cold to sleep in the van," Jimmy said. "It's too scary. Call Grandma Spooner."

"Eat your candy and go to sleep," Raney said.

"My throat hurts; I want a hot drink."

With the station lights off and the attendant gone, it was terribly isolated. No other stores or lights were visible. Raney turned on the car radio and heard the announcer say, "Flash floods are expected in outlying areas." What on earth was an outlying area, she wondered. A crashing noise outside her window startled her, and she switched on the headlights. A raccoon had tipped over the trash barrel just outside the rest room. Raney decided that this must be an outlying area.

"I feel sick and hot, and I can't breathe too good," Jimmy said. "Can't you call Grandma Spooner?"

"Well . . . I don't know," Raney said.

Jimmy leaned forward and coughed directly in her ear. "Can't you please call her from that phone booth there?"

Grandma Spooner came for them immediately. Raney stayed in the van while the boys dashed through the rain, dragging their sleeping bags, to their grandmother's car. Then she took a deep breath and made the plunge herself. As she got into the car, she started to form a statement of thanks, but *(continued)*

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### Honest Bread





## LAYOVER IN KING CITY

continued

the boys were causing too much commotion, chattering and hugging their grandmother. Finally, Grandma Spooner looked at Raney and said, "The boys are so beautiful. I haven't seen them in almost three years."

"Well, yes," Raney said. "They're growing."

"I'd love to see them while they're growing," Grandma Spooner said, "but I know the circumstances aren't ideal."

"Well, yes," Raney repeated. She paused and added, "We really appreciate your help. I was afraid Jimmy would have another croup attack if we stayed in that cold van."

"Jimmy's father used to have croup when he was a boy," Grandma Spooner said, "but he outgrew it when he was about eight."

"We have another year to go for Jimmy, then," Raney said. She sat stiffly while her former mother-in-law, looking frail and much older than Raney remembered, maneuvered the car through the rain. They passed under an archway labeled, "Vineland Trailer Park."

"You probably haven't had supper," Grandma Spooner said.

"Candy bars," Michael called from the back seat. "And soda pop."

"I have a big Christmas turkey all cooked," Grandma Spooner said. "The owners of the trailer park give all the residents a turkey every Christmas. What does an old woman living alone need with a whole turkey? I still had last year's in the freezer, so when I got this year's, I finally cooked last year's, and I figure it will take me till next Christmas to finish it."

"I'll eat some," Jimmy said, in his croaky voice. "I love turkey."

Grandma Spooner parked the car and led them along a gravel path to her trailer. Raney, shielding her watch from the rain, glanced down and saw that it was only eight P.M. It felt like the middle of the night.

Inside the trailer it was warm and dry. Grandma Spooner took them on a two-minute tour of her home: a tiny bedroom, a tiny bath and a combination living room-kitchen. On a little ledge beside the front door, Raney saw, to her surprise, a group of pictures—she and Bill on their wedding day, and a portrait of each of their sons, taken when Michael was three and Jimmy one. Raney tried to reconcile what she saw and felt now with the memory of the night they changed the locks on all the doors. That traumatic act seemed to have taken place in a different world. She tried to call up some of the old anger, but it faded away

fury, but it would not come through.

"It's nice here in the trailer park," Grandma Spooner told the boys. "There's a big recreation room with a Ping-Pong table—I'll take you there in the morning. And we have a little group of old folks who play gin rummy; once a week six of us play here in my trailer."

"Why don't you come to Los Angeles and visit us?" Jimmy asked. "We have room for you to stay in our house."

"I would like that, someday," she said. "Whatever your mother thinks."

"Do you hear much from Bill?" Raney asked suddenly.

"Oh, no, no," she said. "His head is somewhere in the clouds, you know. He didn't just give up you and the boys. He gave up his mother, too."

"I didn't realize that," Raney said.

"Do you think it's easy to have a son like that?" Grandma Spooner asked, and she bowed her head.

Afraid somehow to witness her tears, Raney said, "I'm sorry about all that happened, you know. I wish we all had been rational. I was so scared of losing the house, not having any money and not being prepared to get a decent job then."

"And I . . ." Grandma Spooner said. "I was angry with you, thinking it was your fault. I thought the sun rose and set with Bill."

"So did I, for a time," Raney agreed softly.

"Ah well, ah well," Grandma Spooner said. "Water under the bridge. Let's all sit down and have some hot soup now. Turkey soup, of course."

"I saw your little Christmas tree in the bedroom," Michael announced. "Did you have lots of presents?"

"Oh, well, I had the turkey under the tree for a few minutes," she said. "But it was such a tiny tree, and such a big turkey. . ."

"I have a present for you at home," Jimmy said. "I'll mail it to you."

"Oh, will you?" Grandma Spooner asked with a smile. "Will you, now?"

"I have one, too," Michael said, not to be outdone.

"My goodness," Grandma Spooner said. "This is too much for me." Just then the phone rang, and Raney heard her say, "No, I'm afraid I can't play cards tonight, Ethel. My family is visiting me." She repeated it proudly. "Right. My family is here to see me."

Jimmy whispered, "Do you think Grandma Spooner has a vaporizer for me?"

"I really don't know," Raney said. "But maybe she can borrow one. Even if she can't, I'm sure you'll be fine."

"I feel fine," Jimmy said. "Don't you?"

"Yes," Raney said. "I feel much better now."

When Grandma Spooner hung up the phone, she said, "And I have a present for all of you. When you leave in the morning, you're going to have a great big Christmas turkey to take home with you, and if you save the wishbone, it will remind you that Grandma Spooner loves you and wishes she could see you every single Christmas."

"And every Fourth of July!" Michael added.

"And every Halloween," Jimmy cried.

"Whatever's convenient for you," Raney said softly, helping Grandma Spooner to set out the soup bowls. **End**





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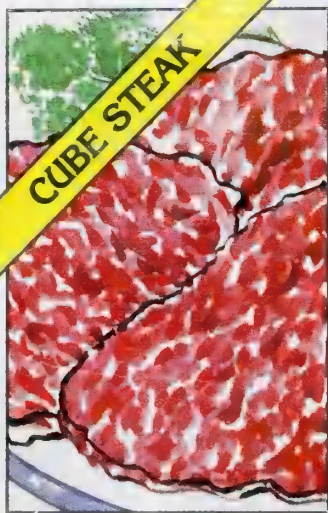
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# Super Quick Meals Easy as 1-2-3

Take a shortcut through the kitchen with our tempting recipes. Each serves 4.



1

**Orange Beef** Cut 1 lb. beef cube steaks into ½-inch-wide strips. Roll in 2 Tb. cornstarch. In large skillet heat 2 Tb. salad oil.

2

Add steaks, grated peel of 1 orange, ½ tsp. garlic powder and ½ tsp. ground ginger. Stir-fry.

3

Add juice of 1 orange and 1 Tb. soy sauce. Bring to a boil. Serve with steak.

**Cube Steak au Poivre** Sprinkle 2 tsp. cracked black pepper over 1 lb. beef cube steaks; press in.

In a large skillet melt 2 Tb. butter. Add steaks; cook each side 2 minutes. Remove to serving plate.

Pour ¼ cup brandy in skillet; scrape up meat drippings. Bring to a boil. Pour over steak.

**Chicken-Fried Cube Steak** Dredge 1 lb. of beef cube steaks in ¼ cup flour, ½ tsp. salt and a dash of pepper.

In skillet melt 3 Tb. bacon fat or butter. Add steaks and fry each side 2 minutes; remove and keep warm.

Add remaining flour to drippings; stir until smooth. Pour in 1 cup milk. Bring to a boil; serve with steak.



1

**Creamed Spinach** In medium saucepan sauté 2 Tb. chopped onion in 1 Tb. butter until translucent.

2

Add 10-oz. package chopped spinach, ½ tsp. salt and a dash of pepper. Heat 15 minutes, stirring occasionally.

3

Add ½ cup sour cream and stir. Heat gently; do not boil.

**Spinach-Yogurt Soup** In medium saucepan sauté ½ cup chopped onion in 2 Tb. butter.

Add 10-oz. package chopped spinach, 3 cups chicken broth, ½ tsp. dill weed, ⅛ tsp. pepper.

Cook 15 minutes. Purée in blender with ½ cup plain yogurt until smooth. Reheat.

**Greek-Style Spinach** Cook 10-oz. package chopped spinach to package directions.

Cook 1⅓ cups quick-cooking rice according to package directions. Combine rice and spinach.

Add 3 Tb. grated Parmesan cheese, 1 Tb. lemon juice, ¼ tsp. oregano and ⅛ tsp. pepper. Heat.



1

**Grapefruit-Avocado Salad** Cut off peel and membrane from 1 grapefruit. Slice into thick rings; quarter.

2

Peel and cube ½ avocado. (Reserve remaining avocado for another use.) Slice 1 small onion. Add to bowl.

3

Combine ¼ cup bottled oil and vinegar dressing and ¼ tsp. ground cumin. Pour over salad; toss.

**Grapefruit Ambrosia** Cut off peel and membrane from 1 grapefruit. Slice into thick rings; quarter.

Squeeze chunks of grapefruit for 1 Tb. juice. Combine with 2 Tb. honey; pour over fruit.

Peel and slice 1 banana into bowl; add ¼ cup flaked coconut and toss.

**Broiled Grapefruit** Preheat broiler. Cut 2 grapefruit in half; section each.

Sprinkle each of the halves with 1½ tsp. sherry and 1 Tb. brown sugar.

Broil 2 inches from heat, about 3 to 5 minutes or until sugar bubbles. Serve warm.



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# your JOURNAL

## JANUARY

A collection of ideas and information to help, inspire and amuse at the start of a new year.

### NEW PLANTS FOR '82

New houseplants and variations on old favorites come to market all during the year, but January is a particularly good month to take stock and see what the trends are. This is the time when new plants are especially welcome to brighten up the indoors. Here's what plant stores will be featuring now and on into '82. The biggest news is variegation. Hybridizers have been busy in recent years mixing plant genes to produce wonderful new green and white foliage effects. • Take the old variegated favorite, Dieffenbachia. Cream has given way to a purer white, and in one variety, "Tropic Snow," the green has been reduced to just a broad spotted band around leaf edges. These new Dieffenbachias never grow large, so plant three or more together. Water sparingly, but fertilize well. Pot in a peaty houseplant mix. • Another favorite, the ivy-like Pothos, is now available with a great deal more white, the green being a mere speckling. "Marble Queen" is one of the best-looking ever. These new breeds need a little more light than the old-fashioned green and yellow Pothos, and should be kept moderately dry. • Still a third green and white beauty, Nephthytis, is more marbled than ever and some are actually silvery looking, with only the thinnest strip of green along leaf edges. Dainty, but spectacular. These are climbing plants, but can be kept small by trimming. • Crossandras are vigorous orange-flowering plants, and with some searching you will find one that has green and white leaves. A lovely combination. You can keep these plants going indefinitely by regularly starting cuttings. • While variegation is the trend news for '82, look also for a new dwarf Cyclamen called "Mikkelsen." This new variety tolerates warm environments and will bloom twice a year. Don't toss out after flowering. Plants go dormant, so do not water until new growth appears. —VIRGINIE E AND GEORGE A. ELBERT



### GIVE THEM CREDIT

More and more moviegoers are becoming movie-stayers, staying after the movie to watch the names on the screen—the names of the men and women who had a hand in the movie's making. The sometimes interminable list, crawling slowly up the screen (why doesn't it move from top to bottom the way we read?), is called The Credits (although many movies these days should refer to them as *Discredits*). Movie jobs have mystifying names. For instance, what is a Best Boy? A Key Grip? Gather around, and *Your Journal* will tell you.

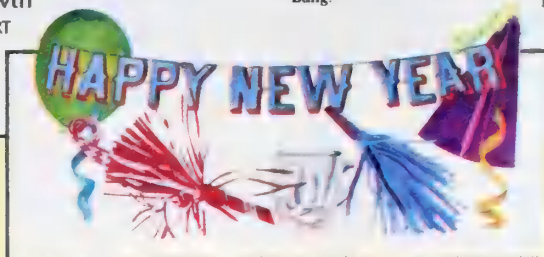
- **Best Boy.** The assistant to the Gaffer or assistant to the Key Grip.
- **Gaffer.** The Best Boy's boss. (Joke over.) The Gaffer is the chief electrician.
- **Grip.** A stagehand.
- **Key Grip.** The head man of the shooting company, with physical control of the camera and other items on the movie.
- **Producer.** Theoretically, the person in charge of everything. Often somebody's relative.
- **Associate Producer.** Fred Allen called him the only person who would associate with the producer.
- **Costume Designer.** Designs the costumes. (See how easy this is?)
- **Costumer.** Prepares the costumes.
- **Double.** A person who does things that are too hard for the actor to do (jumping from a moving horse) or too demeaning (falling into a mud puddle).
- **Editor.** Cuts the film into its final form, often removing the actors' favorite scenes.
- **Extra.** All of those people milling about.
- **Prop Man.** Responsible for placement of props, such as tables, chairs, rugs and zeppelins.
- **Set Decorator.** Decides where everything goes, so the Prop Man will know where to put the table, chairs, rugs and zeppelins.

Other movies offer jobs even more arcane. In *Superman*, the credits included Director of Miniature Photography, Supervisor of Optical Effects and Zoptic Operator. *Star Wars* listed 169 individuals, among them Planet and Satellite Artist, Spacecraft Design, Rotoscope Design and Miniature Explosions.

Bang!

Here's my favorite credit:

—GENE SHALIT



### A TOAST TO '82

What would New Year's Eve be without a sip of champagne at midnight? A festive (and economical) way to celebrate is with champagne punch, the base of which you can make ahead. Then as the clock strikes, pop the corks and add the bubbly. There is no ice in this punch, so make sure both soda and champagne are well chilled. This recipe gives 24 servings, and since the usual punch cup holds four

ounces, 12 people can have two drinks each. If you are serving more people or want to offer guests more, repeat recipe—mixing up no more than two bottles of champagne at a time, since it can go flat.

The basic mix of liqueur, sugar and bitters can be made up in batches as much as a day ahead. It goes without saying, less expensive champagne is called for here.

### CHAMPAGNE PUNCH

1 cup orange-flavored liqueur  
 ½ cup superfine sugar  
 4 teaspoons bitters  
 4 cups chilled club soda  
 2 bottles (750 ml each) chilled champagne

Combine liqueur, sugar and bitters in a punch bowl. Stir to dissolve sugar. Just before serving, add club soda and champagne. Makes about 24 servings. An optional touch is to float strawberries.



## BEWARE OF FROSTBITE

Time goes fast for children when they're having fun building snowmen or sledding, making it all too easy to overlook the freezing cold. Trouble is, staying outdoors in wet snowsuits and mittens can sometimes go beyond the chills—to frostnip or worse yet, frostbite. If left untreated or treated poorly, frostbite (a tingling, numbing sensation that signals the body is freezing) can be very serious. Follow these safety pointers from Kenneth Fine, M.D., Director of Emergency Services at Presbyterian Hospital in New York City.

**WHAT TO WEAR** Frostbite occurs at temperatures below 32° F., and strong winds increase the risk. Bundle up! Safeguard prime target areas (ears, nose, fingers and toes) that have the least fat for insulation, but stay warm all over by wearing:

- **Waterproof mittens** over wool gloves; fingers are in contact, generating and trapping heat.
- **Waterproof boots** (over shoes), high enough to cover at least the ankles and loose enough so toes can wiggle.
- **A face-mask or scarf** to wrap around face.
- **A hat** in wool or cotton that fits over earlobes. An uncovered head causes quick loss of much body heat. (If hat has strap, check the area under chin; it's a common place for frostbite.)
- **Loosely layered clothing** in blends of natural fabrics. Make it layered (to help keep moisture from seeping through to skin) and loose (to work as an insulator by trapping warm air in between).

## CLOUDED CRYSTAL BALLS

With January here again, the nation's psychics are polishing up their crystal balls, preparing to bring you the good and bad news of 1982—before it happens.

But if you're counting on clairvoyance to guide you, consider the psychics' track record for 1981. Though they frequently hedged their bets so thoroughly that they *couldn't* be wrong, they weren't right that often either. In fact, while one or two did predict danger for the Pope and President Reagan, most must own very clouded crystal balls. Here's the sort of thing they forecast for last year:

- A high level government appointment for Pat Boone.
- Improved relations with Iran would bring about a great oil allowance from that nation.

- A June earthquake in Los Angeles, measuring seven on the Richter scale.
- Total U.S. involvement in a bloody war in El Salvador (slated, said the psychic, to become the next Vietnam).
- A great internal revolution in China and U.S. war with China.

In the celebrity field, psychics seemed to have particular difficulty with Ted Kennedy. Jeane Dixon, the doyenne of the business, predicted stronger ties to his wife, Joan—a scant two months before the couple announced their separation. After the announcement, other psychics quickly predicted remarriage for one or both ex-partners, and one glimpsed a nervous breakdown for the Senator (probably from all the psychic confusion).

Meanwhile, Elizabeth Taylor was variously scheduled to adopt a child with her husband, Sen. John Warner, or to divorce him and remarry. (Jackie Onassis was to remarry, too.)

Actually, the weirdest predictions for 1981 were made several years ago. Did you know, for instance, that Montana was supposed to become the penal state for this country? Or that a foreign power would attempt to bomb the U.S. with atomic weapons (and end up killing 50 people in Vermont)? Or that the U.S. and China would be finishing up a four-year war? (We were to win.)

At least no one predicted the world would end last year. That was supposed to happen in 1980. —KATHERINE BARRETT

## ON THE BUTTON

Oops! There goes a button. Not to worry. Brush up on button-sewing skills and be ready to make neat, secure repairs.

You need a needle and all-purpose thread for light to medium-weight fabric; a huskier needle and sturdier thread (buttonhole twist or maybe carpet thread) for heavier fabric. Beeswax is handy; a film of wax on thread (applied by running thread over wax) strengthens it, discourages knotting. Beeswax is sold at notions counters.

To sew a 2-hole button on shirt, blouse or skirt: Thread needle, knot long end and, using a single strand of thread, take a small stitch or two on right side of garment where button should go. Bring needle up through one hole of button, down through the other and into fabric. Repeat several times. Take care not to pull thread so tight the fabric puckers. Finish by stitching three times over, stitching on wrong side of fabric, then snip thread. Sew a 4-hole button as you



- A jacket with waterproof outer shell, since moisture is the biggest contributing factor to frostbite.

—Note: To ensure maximum protection, check periodically for wetness (change into dry clothing) and for small, frosty white patches which might be frostnip (treat quickly by holding area in warm hands). If skin looks pale gray, blue, has a firm consistency or loss of sensation, frostbite has settled in and immediate therapy is needed.

### HOW TO TREAT

Step 1: Try to reach medical help.

Step 2: Meanwhile, remove wet clothing and wrap child in blankets, keeping frostbitten part elevated. Do not massage affected area or allow child with frostbitten feet or toes to walk. If blisters are evident, do not break.

Step 3: Immerse damaged part in warm (not hot) water that's about 105° F. for 20 to 30 minutes. Never thaw in front of fireplace or stove, or use heat lamps, hot water bottles or heating pads. A warm drink will help, such as soup or cocoa. (For adults, no alcohol or smoking allowed.)

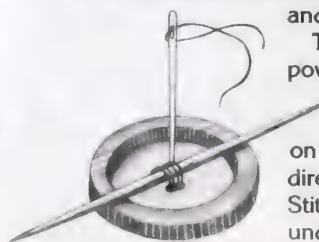
Step 4: Check for return of blood flow; pink color and pain are good signs. Once rewarmed, the part can be exercised.

would one with two holes; stitch one pair of holes at a time.

**Jacket and coat buttons** should have a thread shank to ease strain on fabric. To make a shank, place a toothpick over button (see drawing). Sew button as above, stitching over toothpick. Remove toothpick, gently pull button upward so stitches are taut, then wind thread tightly several times around shank threads. Backstitch three times into shank (not fabric) and snip thread.

To reinforce a coat button for staying power (and to reduce wear and tear on garment in button area) sew on two buttons at once: a fastening button on right side of garment, a smaller button directly underneath it on the wrong side. Stitch over a toothpick to make a shank under the fastening button.

—MARGARET DANBROT





## HOW TO GO FORMAL... WITHOUT A MINK!

You've accepted the invitation to a "black tie" affair and think you're all set with a perfect gown and accessories. But wait! Faced with the choice between your downy parka or simple cloth coat, what will you wear on top? Worry not. Even on the chilliest nights, you'll really only need to cover up your shoulders and bodice for that brief dash from car to party. Do it in style with any one of these clever (and affordable) evening-wrap ideas

• **An oversized shawl** is this year's star accessory (added bonus: fit doesn't matter). For special occasions, look for one in bright Paisley or a solid color shot with gold (from \$40 to \$60). Or simply buy 1½ yds. of 4"/56" fabric and self-fringe it.

• **A quilted bed jacket.** Surprised? A trip to the loungewear department will convince you that this idea is a winner. Shop for vibrant red or lush gray satin (about \$60). For real luxury, pin an antique brooch on the collar.

• **A short, black velvet jacket** will add instant drama. Buy a new one or hunt through thrift shops where, with luck, you may find an embroidered '50s jacket. To update, cinch the waist with a metallic belt and push the sleeves up to your elbows.

• **A cardigan sweater** works well, too, especially in fluffy white angora or mohair. Our best buys, again, are at thrift and secondhand shops. For extra dash, add a fake-fur collar or change plain buttons to pearl or rhinestone.

• **A "small" fur** looks rich but doesn't have the cost big fashion dollars... if you visit the

secondhand furriers. To get the right proportion for your gown, try to find a capelet or jacket.

■ **A half-circle cape** tops the evening when you make it yourself. Sew it up in jersey, mohair or coating fabric. Keep details to a minimum. One closure—a frog fastener—at the throat will be sufficient.



## Kids' Party Hats

Fancy hats are the height of fashion at children's parties. Here are two simple-to-make designs to put your young guests right in style at party time.

**Balloon Top.** Materials for each hat: one sheet of colored construction paper 12" x 18", one small balloon, one 18" piece of narrow elastic, glue.

Roll sheet of paper into a cone, leaving a small opening at the top. Glue edges together. Trim bottom into an even curve and cut ¼" slits around bottom for fringe. Fold fringe out and up toward the top. Blow up balloon, knot the end. Poke knotted end into opening at the top. Punch holes into opposite sides of hat ¼" up from the bottom. Thread elastic through each hole for chin strap and knot ends.

**Bonnet.** Materials for each hat: one paper cup, one 5" cake-size paper plate, one 14" strip of crepe paper party streamer, one 18" piece of narrow elastic, glue.

Turn paper cup upside down and glue top onto back side of paper plate. Wrap streamer around bottom edge of cup to form hatband. Glue streamer together where it meets, leaving ends free. Poke holes up through opposite sides of plate and cup. Thread elastic first through the plate then up through the cup sides and knot to make chin strap.—JULIE MAXEY



## MODERN MANNERS

**1. The day of a friend's dinner party, I woke feeling ill. Hoping I'd soon recover, I postponed canceling. Late in the afternoon, feeling wretched, I telephoned to break the engagement. Did I do the right thing?**

If you are ill and unable to enjoy an evening out, by all means cancel the appointment. I think it makes more sense, however, to call early in the day and alert your hostess that you may not be able to attend her party. You can ask her what is the latest you may call and cancel. If this is a very formal occasion, your hostess may ask you to decide immediately if you will be present. More likely, she will ask you to let her know later in the day if you are feeling well enough to attend.

**2. My daughter has been married for six months. Her husband persists in calling me Mrs. Morley. I'm fond of my son-in-law and wish he would use a more intimate form of address.**

It is up to you to tell your son-in-law how you wish to be addressed. Nowadays, most young people call their in-laws by their first names. I think this is the most sensible form of address, though some in-laws from the old school prefer to be called "Mom" and "Dad." I personally am not comfortable with this form of address and would not use it. Each of us has just one mother and father. No matter how dear an in-law may be, he or she is not, in fact, one's parent.

**3. I have a friend who always brings her dog when she comes to call. I'm tired of this unruly pet abusing me and my furniture. How do I tell my friend to keep her animal at home?**

There are some problems that require the blunt approach. This is one of them. For years I have been hinting to a very dear friend that when she visits me for the weekend, perhaps Rover would prefer to weekend in a kennel. These hints always go unheeded. This year I have decided to speak my mind and simply tell my friend that I am eager to spend the weekend with her, but her animal is not invited. Our responsibility as a host is to our friends—their pets are not part of the deal.—CHARLOTTE FORD

## BOOM TOWNS, U.S.A.

Nearly half the population—81,824,000 Americans—relocated during the '70s. People headed, by and large, to the West and South and settled most often in cities with populations of 100,000 to 250,000. The attraction? Big-city efficiency, small-town intimacy, plus land, jobs and housing.

According to recent Bureau of the Census statistics, here is a sampling of top boom towns:

**Anchorage, Alaska** (pop. 173,017–259% growth): Numerous pipeline and industry jobs with good wages, excellent winter sports and allure of the last frontier compensate for sky-high prices.

**Mesa, Arizona** (pop. 152,453–141% growth): This manufacturing, trade and medical center charges no property taxes, yet offers residents 22 parks.

**Aurora, Colorado** (pop. 158,588–111% growth): Light industry, a healthy climate and a commanding view of the Rockies are enhanced by a short commute to downtown Denver.

**Lexington-Fayette, Kentucky** (pop. 204,165–88% growth): In the heart of bluegrass country. Foreign investors have already discovered this area, which is bordered by horse farms. A moderate climate and low crime rate make it ideal for raising children.

**Sterling Heights, Michigan** (pop. 108,999–77% growth): Formerly agricultural, now industrial, this suburb features defense and automotive jobs unavailable in nearby Detroit.

**Arlington, Texas** (pop. 160,123–77% growth): Midway between Dallas/Ft. Worth, this is no longer just their bedroom community, thanks to the influx of several large corporations.

**Modesto, California** (pop. 106,105–71% growth): Once a drowsy backwater, Modesto's now jumping with food-processing and goods distribution. Residents drive a quick two hours and reach the shore, ski slopes or Nevada's casinos.—ALEXANDRA G. GREELEY



accept  
like

# How I learned to love helping around the house



Author Alan Cheuse at home with his wife, Marjorie Pryse, and their daughters, Sonya (at left) and Emma.

**A**t the gateway to the '80s, I thought I had survived the "decade of women" and emerged as a useful American husband—one who willingly participated in housework and child care. Then, unexpectedly, my pride in my new ability to function as an equal partner in my household was seriously wounded when an incident occurred, the implications of which still reverberate in my memory.

The scene came at the end of a long weekend of filling in for my wife. She had just returned home and was upstairs unpacking her suitcase and getting reacquainted with our girls: Emma, nearly four at the time, and Sonya, about a year and a half. Meanwhile, I was getting reacquainted with my typewriter in my office downstairs next to the laundry room. Suddenly, I heard a series of ear-piercing shrieks. I rushed to the foot of the stairs just as my wife and older daughter came hurtling down the hall in a whirlwind of despairing howls.

"The dress!" my wife said.

"The dress!" echoed my daughter.

"What dress?"

"Did you put Emma's hand-knit dress into the washing machine and dryer?"

In spite of all the rhetoric about the virtue of men doing "women's work," it's a rare man who really does his share. Read on for the touchingly honest confession of a former housework-resister.

By Alan Cheuse

I couldn't look my wife in the eye. She covered her face with her hands, thinking of the lovely green and blue striped wool dress that a friend of ours had spent months knitting.

"Yes, I did," I finally said, head bowed, deciding that a full confession might win me some mercy.

"It's ruined then," my wife said with a mournful toss of her head.

"Woo-inned," admonished the echo alongside her.

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**"Deep cleaning," my wife said. "You never do deep cleaning . . . getting behind the refrigerator . . . scrubbing the pots when you wash up."**

---

And they both began to cry.

I couldn't bear to make these women weep. I pleaded extenuating circumstances.

"I've been helping out with the laundry for several years now, haven't I?"

"Most of the time," said my wife, a bit calmer now.

"So I should have learned. But we never had a dress like that to deal with before. And, to tell you the truth, my mother never taught me how to handle such problems, not the way your mother taught you."

And later, in the coolness of the night he went into his wife's tent, knelt before her and asked how he might remedy this wrong.

"Just remember not to put a wool dress in the washing machine and never, never dry it in the dryer."

"My mother never taught me that, remember? That's why I didn't know."

"While we're on the subject, can I point out to you that there are a number of things your mother apparently never taught you?"

"Spit it out."

"Well, deep cleaning."

"Deep cleaning?"

"Getting behind the stove, cleaning behind the refrigerator. . ."

"Don't stop. I want to know what else. I can take it."

"Taking spots out of the rug. She must not have taught you that."

"Spots. And what else?"

"I'm thinking. You're not terrible. You just never learned these things. You still leave the pots for me to do after you've finished the dishes."

"Anything else? I'd like to hear the worst."

"That's about it. You're doing fine. You learned how to do the laundry. You share the cooking."

I nodded, feeling like a small

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**"You do it so much better, dear," I used to say. And that worked . . . for awhile.**

---

boy whose teacher hasn't yet discovered the cache of old candy wrappers, stolen pens and comic books in his homeroom desk drawer.

"Don't look at me that way, darling," she said. "You're forgiven. You didn't know."

I did and I didn't. Was I, because of my ignorance, innocent of the  
(continued on page 60)



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## HELPING AROUND THE HOUSE

continued from page 56

charge of dereliction in household matters? Or was I, at least in part, guilty because I still wasn't trying hard enough to do the job? Long into the night, I conducted a hearing in my mind. I had grown up with a code as strict as that of the Roman legions who marched against unruly rebellious tribes: Soiling clothes with grease and mud and blood was manly—cleaning the clothes was not. It was, in fact, beneath me.

In other words, housework-resisting males are not born, they're made. My father, as the youngest child in a large eastern European family, never had to do much for himself until well beyond the habit-forming years. Even then, when he became a daredevil fighter pilot in his country's air force, he was treated to all the privileges of an officer. When, after years of adventures and misadventures, he established himself as the head of a North American household, he found it natural to fall into the traditional patriarchal role. I learned a number of things from him, but he certainly never blazed trails along the path toward equality in the household.

And my spiritual fathers—teachers and older male friends—were to a man nearly as dedicated to the unspoken but strictly adhered to way of life we've come to call *machismo* as any bullfighter or soldier in the service of the king. This is not to fault them. What American boy or man until quite recently was *not* caught up in this way of life?

### Writer encouragement

Then, too, every writer I came to care about encouraged it: the burly, big-chested brawler, Ernest Hemingway; the businessman turned bohemian scoundrel, Sherwood Anderson; the gawky, self-conscious philanderer, Theodore Dreiser; and, among the living, the flamboyant news-maker, Norman Mailer. None of these figures ever suggested to me by his behavior that a *real man* would waste a single synapse of his brain on matters like dressing small daughters for day care in outfits that made aesthetic sense.

And when it came to what my wife called "deep cleaning," I always had visions of my mother, her hair wrapped up in a turban against the dust, attacking a winter's worth of household dirt with energy as inexorable as the coming of spring itself. Elbows flew, spider webs exploded, stoves and sofas and refrigerators spun around at her touch as if they were dollhouse furnishings, and at the conclusion of this day-long ritual, the paradoxical Ama-

zon, weak in all other matters except those pertaining to the sacred hearth, collapsed with fatigue and satisfaction. I never saw anyone but my mother—and other mothers—perform those labors. And as much as I hate to admit it, I have to guess that this version of reality as *the* reality had been imprinted on my mind.

No wonder then that I, like other men when they first begin to do housework, growled under my breath. When my wife first handed me the vacuum cleaner, I confess I didn't ferret out each dusty pod of dirt that had collected in corners and cavities along the baseboards in the house.

### Golden days

Like an exile from the kingdom of my childhood (a place where women's work was always done because it was always done for me) I contemplated the golden days when my hands never touched dirty dish or plate. Like a young prince, night after night, I had pushed away from the dinner table to adjourn to some other, less sullied room, to discuss high politics or comic books or baseball with other males. Those old days hover just on the other side of memory, golden in the twilight of that primitive, now vanishing species, the male housework-resister.

Some men still, of course, look on housework as if it were a terrible accident or a mugging in which they "don't want to get involved." They feel they should just "look the other way." In fact, they can deftly turn off all senses, including their hearing. That's why the slosh and drizzle of a sponge mop on the kitchen floor becomes a sound as remote

as the falling of light rain on the rooftop; the whir and rumble of a washing machine and dryer sound as distantly as the noise of artillery in a battle on a remote border. And a lot of men I have met over the years tend to wait out their spouses with all the skill and cunning of veteran lake fishermen. Patience, patience, patience, and the big bass will rise to the bait—and *she* will get up and do the chore she's asked you to perform. *She* will finally clear the dishes . . . do the wash . . . open the window . . . close the sash. For thousands of years women have done this, and so, we reason, they will continue in the next five minutes, five hours, five years.

Wait her out, a man's inner voice chants to him, and she will finally get fed up with the clutter, with the sour smell rising from the infant's diaper, the unclaimed shopping list, the mound of mismatched children's socks, the ankle-deep landslide of toys. Play the pasha, assume the pose of a harem-master, and the female in the kingdom will eventually give up waiting for you to behave like a democrat—or so many of us assumed over the centuries, over the decades, last week, yesterday.

### Against the door of change

And that's why many men, as I did once, stand with both arms pressed firmly against the door of change. My own transformation was, admittedly, slow. Although my intentions were good, my former self often got in the way. For instance, I agreed to do half the shopping, but I was always too embarrassed to bring a list to the store. I would make two or three trips to the market for forgotten (continued)



"I don't get it. Last year he hated girls."



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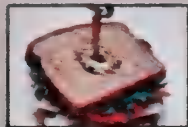
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and its duties changed. Resistance to the needs of young children, whether it was the play-time they demanded or the excrement they produced for me to clean, meant resistance to everything I cared about. Failure to throw myself into changing diapers, trimming nails, braiding hair and bathing young bottoms meant failure to live up to the very ideals implicit in the act of love and the arrangement of marriage. Slough it all off on my wife, I decided, and I would be announcing that I didn't really care about the children, about the marriage and thus about myself and the world.

And now that I have crossed the line between "helping out now and then" and throwing myself into housework with the same fervor I once reserved solely for my profession, I find I am performing more heroic labors than those who hunt ferocious animals in the African wild. The real man is he who uses his strengths and talents to assist those he loves instead of withdrawing into an illusory fortress built of outmoded beliefs and habits that jeopardize the good life he desires.

My friends, the men I admire, are wrestling with the problems of changing old habits and beliefs, and learning skills they once scorned. I think that a lot of us are gaining ground. But unless today's mothers and fathers show their children that "women's work" is never done until both husband and wife pitch in to do it, our generation of husbands and wives who are struggling to make living together both a happy and a cooperative affair will remain an anomaly in the history of American family life. And just as when out of ignorance and apathy I ruined that lovely, hand-knit dress, something beautiful will go out of the world.

**End**

*Alan Cheuse is the author of Candace and Other Stories. His novel, The Bohemians, will be published in February.*

## HELPING AROUND THE HOUSE

*continued*

items rather than look like a husband with his marching orders, a man who didn't know his own mind.

Occasionally, I'd suffer from The Muscle Paradox, an affliction common among husbands. A large-boned, healthy man strong enough to lift weights and swing children high overhead, I couldn't find the energy to get out of a chair to a) vacuum b) unload the groceries c) pick up the playroom or d) all the above.

And, for awhile, the "You Do It So Much Better, Dear" ploy was useful. If friends were coming for dinner on Saturday night, I might casually comment to my wife on Tuesday, "You know, honey, your chicken paprika is really superb." An adroit salesman, I'd step up the campaign later in the week. "I just know John and Mary would love your double chocolate brownies." Nobody's fool, my wife eventually caught on.

Other times, I worked as hard as I could but just couldn't do things right. For example, there seemed to be two ways of looking at dirt. My humble way: "clean enough"; and my wife's: "Didn't you see those dust balls?"

### Resistance could be lethal

Toilet training probably traumatized me more than it did my daughter. My heart was willing but my nervous system rebelled. I noticed as if through a haze that I was losing my temper at my sweet but balking little girl. One punch I threw at the marble-based sink taught me—my knuckles ached for days—that resistance to the New Fatherhood could be lethal.

From that bruised moment onward—that awful swelling and purpling instant when I realized that if I could punch marble I might punch flesh—my stance toward family

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## TIPS FROM EX-RESISTERS

Some of Alan Cheuse's fellow "pioneers" tell how to get your man to put down the paper and pick up the mop:

"Just for a week, let him try working, then coming home and doing all the laundry, cooking, cleaning and child care. Let him see how tiring that is and realize that if household chores aren't shared, he's going to have a very tired and uninteresting wife."—*Bill Ginivan is an attorney in Alexandria, Va. His wife is also a lawyer. They have a five-month-old daughter, Kate.*

"Reason with him. Say: 'Look, I'm working and you're working and I think you should help out.' Men and women should learn how to talk to each other, to be really honest about problems."—*Troy Hart runs a business with his wife in Mt. Kisco, N.Y. They've been married for two years.*

"One of the reasons my wife and I have been able to work this out is that she rarely asks me to do anything. We forget about roles and think more about tasks. By not worrying about roles we don't worry about who does what."—*David Jacobs, a freelance journalist, is married to an anesthesiologist. They live in Stephentown, N.Y., and have two grown daughters.*

"We've had a lot of frank discussions in which my wife has prevailed upon me to do more. I do a lot of things now I would never have considered doing when we were first married. But it's when she takes a day off and I'm left with the kids and house that I realize how much she really has to do each day."—*Mark Muecke is an architect in Atlanta. His wife is a full-time homemaker. They have five children, ranging from nine weeks to seven years old.*

"Use a forthright and direct manner. Ask for a fair and equitable division of responsibility. Give him a list of

tasks, telling him how long each will take and ask him if he has any preferences. There should be an ongoing dialogue between you. Actually, that is the essence of any successful marriage."—*Henry Schweich is a St. Louis businessman whose wife works as a paralegal. They have three daughters, aged 16, 22 and 24.*

"I think you just have to have a mature attitude. If the wife is going back to work, her time is going to be restricted. Give your husband the choice: He can help around the house or you can hire help. I'd personally rather pay someone than have to hassle with housework."—*Charles Nathanson, a New Jersey attorney, has been married for eight years. His wife works part-time as a travel agent, and they have two young children.*

"Honesty is the best policy. You can back-end into things by being manipulative. But I feel the best way is just to ask."—*Gerald Littleton is a financial controller for an Atlanta company where his wife is also employed. Both have children from previous marriages who do not live at home.*

"If the wife is going back to work, the husband's going to have to be receptive to the idea of taking on additional responsibilities. If the marriage has lasted, he must be somewhat understanding. Talk it out with him."—*Michael Barton works for Reynolds Aluminum Recycling; his wife is a receptionist. They live in Appleton, Wis., and have a five-month-old daughter.*

"I think that husbands today take it upon themselves to help out; it's more the practice than the exception. Actually, I'm a male chauvinist. Sure, I'd love to be waited on hand and foot, but it just doesn't work like that." —*Michael Miller is a manufacturer's representative in Pittsburgh. His wife is a teacher who is now on leave to care for their six-month-old daughter.*

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# FIRST AID FOR HOUSEPLANTS

## 25 Problems, Their Causes and Cures

BY VIRGINIE F. AND GEORGE A. ELBERT

	PROBLEM	CAUSE	CURE
1	Lower leaves drop.	Lower leaves are the first to die because they are the oldest. As plant grows taller, reaching for light, it abandons leaves that are shaded at the bottom.	No cure for most plants, but trimming top of plant may encourage new branching and leaf growth at bottom.
2	Part of plant dies.	(a) With the single-stem, branched plants, branches die first if under-watered. (b) With bromeliads, orchids, Boston ferns, peperomias, most basket plants and others that spread their underground roots, producing new plants, the original plant eventually dies.	(a) Start watering regularly. Cut away dead parts of branches. (b) Separate and dig up dead part of plant. If soil has been removed along with roots, replace it.
3	Established plant dies suddenly without apparent cause.	It is probably an annual or biennial and its time has come.	No cure. Start new plants from seed.
4	Sudden leaf drop, but bulb, body or branches remain healthy and full of sap.	Plant is probably entering its dormant period. In succulents, dormancy is complete. In most tropical plants (tree figs, for example), it is only partial.	If plant is a succulent, do not water until new growth appears. For most tropical plants dormancy is partial. Water soil only when quite dry. Leaves will grow back in due time.
5	Leaves develop brown tips or edges, which curl under.	Humidity is too low.	Mist plant two or three times daily. Place plant on moist pebbles or mat. Use a humidifier to raise humidity of room.
6	Leaves have brown or black spots in middle of blades.	Leaf has been attacked by one of several fungus infections.	Spray with benomyl or other fungicide.
7	Leaves rot black or have gray, moist, powdery surface.	Rot caused by fungus (powdery mildew is also a fungus).	Remove rotten leaves. Spray plant with a fungicide. Move plant to cooler place in summer or warmer place in winter. Try to lower humidity around plant.
8	Leaves and tips of stems droop.	Most common cause is simply failure to water. Droop also occurs when temperatures are above 85° or below 55° F.	If not watered recently, do so immediately. If temperature is the cause and soil is moist at the time, withhold water and allow soil to dry out before watering again. Move plant to warmer or cooler place, as appropriate.
9	Leaves lose healthy green color and turn yellowish.	An iron shortage in soil.	Add iron chelate or Sequestrene to soil, as directed.
10	Leaves turn definitely yellow.	Chlorosis caused by excessively alkaline soil. A common illness where water is very hard.	In a mild case, fertilizing with high-nitrate formula (high first number) will usually cure, as with azaleas. Where hard water is used it will be necessary to add small quantities of aluminum sulphate (alum) to soil. Pharmacists carry it.
11	Leaves develop numerous small "windows" or translucent patches.	Spider mite infestation. You can see them with a ten-power magnifying glass.	Wash all leaves in lukewarm soapy water several times, or spray with diluted Kelthane or with Safer Agro-Chem's Insecticidal Soap, as directed. Several applications are necessary.
12	Small, shiny, brown-to-translucent oval spots appear along veins of undersides of leaves. Stickiness on surface of leaves below.	Scale insect infestation.	Spray with malathion, as directed. Remove the scale with a soft paintbrush or cotton swab dipped in rubbing alcohol.

Illustrations by Rodica Prato



	<b>PROBLEM</b>	<b>CAUSE</b>	<b>CURE</b>
<b>13</b>	Little, white, moth-like creatures fly when plant is disturbed. See them on undersides of leaves along with tiny bubbles that are eggs.	Whitefly infestation. There is a new generation every three days.	Spray undersides of leaves every three days with House & Garden Raid or Safer Agro-Chem's Insecticidal Soap until flies disappear.
<b>14</b>	White, powdery, tiny creatures appear on bottoms of leaves and in joints. Large drops of sticky sap.	Mealybug infestation. The bug appears pink when powder is removed.	Carefully remove with soft paintbrush dipped in rubbing alcohol. Swab entire underside of leaf or spray with Safer Agro-Chem Insecticidal Soap.
<b>15</b>	Plant does not grow.	(a) Improper soil. (b) Soil too acidic.	(a) Wash roots of plant in room-temperature water. Pot in houseplant mix of equal parts peat moss, vermiculite and perlite. (b) Unless plant is acid-loving, add 1 Tb. horticultural lime to a quart of mix.
<b>16</b>	Plant dries out though frequently watered. Bubbles appear on surface when soil is watered.	Improper potting. Poke soil with finger or stick to check for open spaces.	Tamp down soil around plant and fill in with additional soil.
<b>17</b>	In poorly lit location, slow or no growth.	Insufficient light.	Move to sunnier location or provide fluorescent light.
<b>18</b>	Plant grows too fast. Joints are far apart.	(a) In a dimly lit location, plant is reaching for light. (b) In a well-lit location, too much water and fertilizer.	(a) Move to better-lit location or provide fluorescent lighting. (b) Do not fertilize for some time. Water only when quite dry.
<b>19</b>	In a sunny window location, brown burn spots appear on leaves.	Plant has been exposed to sunlight that is too intense.	Move plant away from direct sunlight.
<b>20</b>	In good light, with regular watering, plant does not grow.	Lack of fertilizer. Poor soil is also a possibility (see above, #15).	Feed with balanced-formula fertilizer. Use high first-number fertilizer for shrubs and climbing vines. High middle-number fertilizer for blooming plants.
<b>21</b>	Plant suddenly droops after watering.	Excessively cold water.	Flush soil immediately with room temperature water. Never use icy water.
<b>22</b>	Dark, rotten spots appear in joints of leaves and branches.	Water caught in joints. With some plants, excess humidity may also be the cause.	Avoid watering leaves or joints. Pour water on soil only or water from bottom.
<b>23</b>	Plant is gradually dying. Roots break off easily when examined.	Root rot. Too much moisture, especially at very low or very high temperatures. Sometimes excess fertilizer salts in soil, which burn roots.	There is no cure. Remove healthy parts of plant, spray with fungicide and propagate in sphagnum moss.
<b>24</b>	With cacti and succulents, whole plant rots completely.	Improper watering.	No cure. Succulents must not be watered in mid-winter, but must be watered once a month in spring and fall. Water at least once a week during the growing season.
<b>25</b>	Flowering plant ceases in bud or bloom.	(a) Change of season. (b) Lack of light. (c) Environment too warm or too cool. Most house plants bloom best between 65° and 78° F.	(a) Maintain until next season for bloom. (b) Move plant to stronger light or under fluorescent tubes. (c) Move to warmer place or provide cooling by means of ventilation or a fan.



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# Who's Minding the Children?



During the last decade, mothers joined the work force in unprecedented numbers, both because they wanted fuller lives and because of sky-rocketing inflation. Yet few adequate—and affordable—facilities are available to care for their children. The *Journal* reports on what the future holds for day care in America, what the best options are today and how to find them.

By Geraldine Carro

**H**er three-month maternity leave nearly over, economist Allyson Grossman began to panic. So far, only one woman on her list of licensed family day-care mothers had said she would be able to care for Seth. And the woman, Allyson discovered with alarm, already had four other babies in her charge. "All I could wonder was," she says, "if there were a fire, would it be my kid who got picked up?"

Caught in the child-care crunch, many mothers are finding that nowadays a good babysitter is sometimes harder to find than a good job. Allyson's search, which she calls "the worst experience of my life," ended with a stroke of good fortune. A new neighbor offered her services. "She turned out to be great with Seth," says Allyson, now back at her desk in Washington, D.C. "I'm really lucky."

Today, women like Allyson who are able to find satisfactory child-care arrangements understandably count themselves lucky. The statistics explain why: Due to the high inflation and divorce rates in the past ten years alone, the number of mothers in the labor force has soared 44 percent to nearly 17.5 million, creating an unprecedented demand for child care. Today, approximately 53 percent of America's children—22 million of them aged 12 or under—have working mothers. Among them are 7.5 million youngsters aged six and under. Most of their mothers can no longer afford to stay home, as housewives traditionally did, until the children reach school age.

While our economy has created the necessity for second paycheck jobs, no one has succeeded in creating adequate—and affordable—facilities to care for the children left behind. Parents are often forced to make do. Dennis McMahon, a policeman who lives in Carmel, N.Y., and his wife Lois, a nurse, for example, take turns staying at home with 18-month-

old Marie. Their jobs permit them to sign up for different work shifts, and they pay a teen-age girl a dollar an hour to fill in the gaps. "It's really rough, because we don't get to see each other enough," says Dennis. "But at least we know there's always someone responsible taking care of Marie. And besides, if we had to pay for a full-time sitter, there'd be just enough left over from Lois's salary to pay for postage stamps."

Not many couples have jobs that allow them to juggle work shifts the way the McMahons do. And clearly, this is not an option for the millions of mothers raising children alone with no partner to spell them. How, then, are most parents solving their child-care problems?

The answer is complicated. Although the number of child-care centers is growing, at last count there were licensed facilities for only about 1.6 million children. Where are the other several million youngsters aged six and under? And where do their slightly older brothers and sisters spend afternoons after the school bell rings? Presumably, somewhere in the crazy quilt of informal arrangements made by their mothers. A rough picture is provided by the government's 1979 Panel Survey of Income Dynamics, which shows that:

- *Approximately half* the children of working mothers are cared for by a paid babysitter. She sometimes sits in the child's home. More often, though, she's a family day-care mother operating without the licensing required in most states. Typically, she looks after two or three neighborhood children in her home, plus her own youngsters, says an earlier report.

- *One third* are taken care of by a family member. That person may be an older sibling, (continued)



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## MINDING THE CHILDREN

*continued*

a parent not at work, a grandparent, an aunt or another relative. About half actually live in the child's home. Slightly more than half of the relatives who baby-sit do so for free.

• Only 16 percent of the children attend a child-care center, either profit or nonprofit.

### Piecemeal care

This breakdown is deceptively neat. In real life, the arrangements most working mothers make involve juggling several different types of care at once, says Sheila Kamerman, professor of Social Policy and Planning at Columbia University and author of *Parenting in an Unresponsive Society* (Free Press, N.Y., 1980).

"If you have a child of four," she explains, "you or your husband might drop her off at a neighbor's before work. The neighbor, in turn, takes your youngster and her own to a half-day nursery school. Then you pay another person to pick up your daughter and take her to a family day-care mother for three or four hours, depending on your schedule that day."

How each couple puts together what Dr. Kamerman calls their "child-care package," she says, "depends upon what the parents prefer, what's available and what they can afford." Often, these piecemeal arrangements mean that one child is exposed to four to six types of care a week, a practice that worries many child-care specialists. "The kid sometimes gets passed around like a hot potato," says Michelle Seligson Seltzer, at Wellesley College Center for Research on Women in Wellesley, Mass.

The parents who manage the logistics don't have an easy time either, Dr. Kamerman points out. "You have to be constantly planning, organizing, managing. And if one of the links in this complicated network breaks down, you're in trouble." One working mother describes the built-in stresses on the whole family: "What do you do when the sitter calls and says her kid has strep throat? You clutch. You spend hours on the phone trying to find another sitter. Finally you decide to call in sick at work. But what do you do the next day when her kid is still sick? Me, I scream at my husband. Let's face it. Someone's going to feel the tension I feel."

Along with the day-to-day snags, working mothers talk about the long-range dilemmas. "Once you've solved your child-care problem," says Dorothy Sperling, a Marietta, Ga., teacher, "you have to keep solving it. For instance, when the family day-care mother takes in another youngster, suddenly there's a new kid in the group whom your child hates. Or he outgrows the type of care you're using and you have to start from scratch."

Many mothers, despite the inevitable problems, feel that ultimately it's possible to find good child care. Usually the process involves considerable trial and error. Asking women about prior experiences frequently opens a Pandora's box of horror stories: The tale of the mother who ran into her baby-sitter on the street—wearing the mother's best jewelry; the woman who enrolled her child in an expensive day-care center where the turnover in caregivers was endless.

The best and usually the only way to hit upon satisfactory arrangements is to persevere in the hunt, says Marina Somers, an executive headhunter in New York. After a succession of four sitters in six months (two quit, two were fired, including one woman who let her then five-year-old daughter, Tanya, wander the city streets alone during rush hour), Marina found a woman whom she describes as "my eyes and ears . . . She tells me how my daughter behaved that day, what she ate and how well she played with her friends."

*(continued on page 103)*



# Child Care: Comparing the Choices

	Baby-sitter	Family Day-Care Mother	Day-Care Centers	Parent Co-Ops
Options	<p><b>Paid sitter:</b> Usually comes to your home, but may prefer hers.</p> <p><b>Housekeeper:</b> In addition to child care, cleans your home and does other chores. May live in.</p> <p><b>Mother's helper:</b> Often a college student who lives in, helps with children and does light chores.</p> <p><b>Grandma or other relatives:</b> Available for part-time or full-time care. Paid a fee, or sits for free, if you're lucky.</p> <p><b>Other mothers:</b> May be willing to fill in for you on a part-time basis or in emergencies. In exchange, you might chauffeur her children or baby-sit during non-work time.</p>	<p>Cares for your children, her own and two or three others in her home. Some day-care mothers are licensed or registered by the state. Most are not.</p>	<p><b>For-profit centers:</b> These include the child-care chains such as Kinder-Care (South and Midwest) and Living and Learning Centers (New England); Mary Moppet, a franchise (West, Midwest); independently owned and operated centers, including some run from private homes that do not have licenses; and nursery schools, many of which are now operating full-day programs.</p> <p><b>Nonprofit:</b> These are typically run by churches, synagogues, community agencies, colleges. Some have state and federal funding. Some corporations and hospitals run centers for employees.</p> <p><b>After-school:</b> Programs for elementary school children that offer sports, arts and crafts and other activities. They may be run by a local school, a community center or a private entrepreneur.</p>	<p>Parent co-ops may employ the services of a paid, certified teacher or be run exclusively by parents. The latter is usually possible only when parents work part-time and are free to take turns working at co-op.</p>
Costs	<p>Fees vary widely. Some teenagers charge as little as \$1 to \$1.25 per hour. Older women up to \$3.50 or more, depending on area. In addition, you pay employer's tax.</p> <p>Housekeepers: From \$125 to \$150 and up. Salary may include room and board. Also, you pay employer's tax.</p> <p>Mother's helpers receive room and board, plus \$25 to \$100 per week depending on hours.</p>	<p>Vary from \$35 to \$50 per week. May charge less for second child.</p>	<ul style="list-style-type: none"> <li>• Full-day center care averages around \$70 per week. Some nonprofit centers have sliding scale fees. Private nurseries usually charge \$2,000 and up annually.</li> <li>• After-school: May be free or of minimal cost if sponsored by school or the community. Up to \$5 per hour if privately run.</li> </ul>	<p>With hired teacher, typically cost \$25 to \$50 per week. Without paid teacher, minimal fees to cover expenses for supplies, etc.</p>
Advantages	<ul style="list-style-type: none"> <li>• Allows your child the security of being at home</li> <li>• Sitter free to give your child a lot of attention</li> <li>• You're covered even when your child is sick</li> <li>• Often willing to perform other household chores</li> <li>• Eliminates need to chauffeur child to and from child-care center</li> <li>• Allows for more flexible hours</li> <li>• A good sitter develops a warm, loving relationship with your child.</li> </ul>	<ul style="list-style-type: none"> <li>• Has a more home-like atmosphere than a center</li> <li>• Usually a better ratio of adults to children than in large-group care</li> <li>• Most economical kind of care</li> <li>• Hours more flexible than centers</li> <li>• More likely to accept infants and toddlers not yet toilet-trained</li> <li>• May provide playmates for your child.</li> </ul>	<ul style="list-style-type: none"> <li>• Good quality centers provide: a variety of play equipment and toys; an enriching and stimulating program of activities; a safe environment; experienced supervisors</li> <li>• Playmates for your child</li> <li>• Teach your child to get along in a group, accustom him to school routines</li> <li>• Cost less than in-home sitter</li> <li>• Avoid the worry of what to do when sitter is sick.</li> </ul>	<p>You establish, in conjunction with a group of parents, the standards of education and care you want.</p>
Disadvantages	<ul style="list-style-type: none"> <li>• An expensive option</li> <li>• If sitter is sick, you're stranded</li> <li>• Unless sitter arranges to see playmates, your child may miss out on social contacts</li> <li>• May not share your child-rearing values</li> <li>• May not take the time to play with your child, stimulate and teach him.</li> </ul>	<ul style="list-style-type: none"> <li>• Be sure to check the health and safety standards since most family day-care homes are unlicensed</li> <li>• May only be temporary solution (many day-care mothers stay in business only a year or two)</li> <li>• Unless day-care mother is resourceful, this may not be a stimulating atmosphere, especially past toddlerhood.</li> </ul>	<ul style="list-style-type: none"> <li>• If center is short-staffed, your child may not get enough attention</li> <li>• Usually no facilities to care for your child if sick</li> <li>• Usually don't accept infants and toddlers</li> <li>• Will expose your child to other children's colds, diseases</li> <li>• May be closed on holidays, vacations when you must work</li> <li>• A high turnover of supervisors in some centers.</li> </ul>	<p>Co-ops, even those with paid teachers, take a lot of your time. Parents usually act as directors, purchasing agents, and sometimes as teachers, too.</p>



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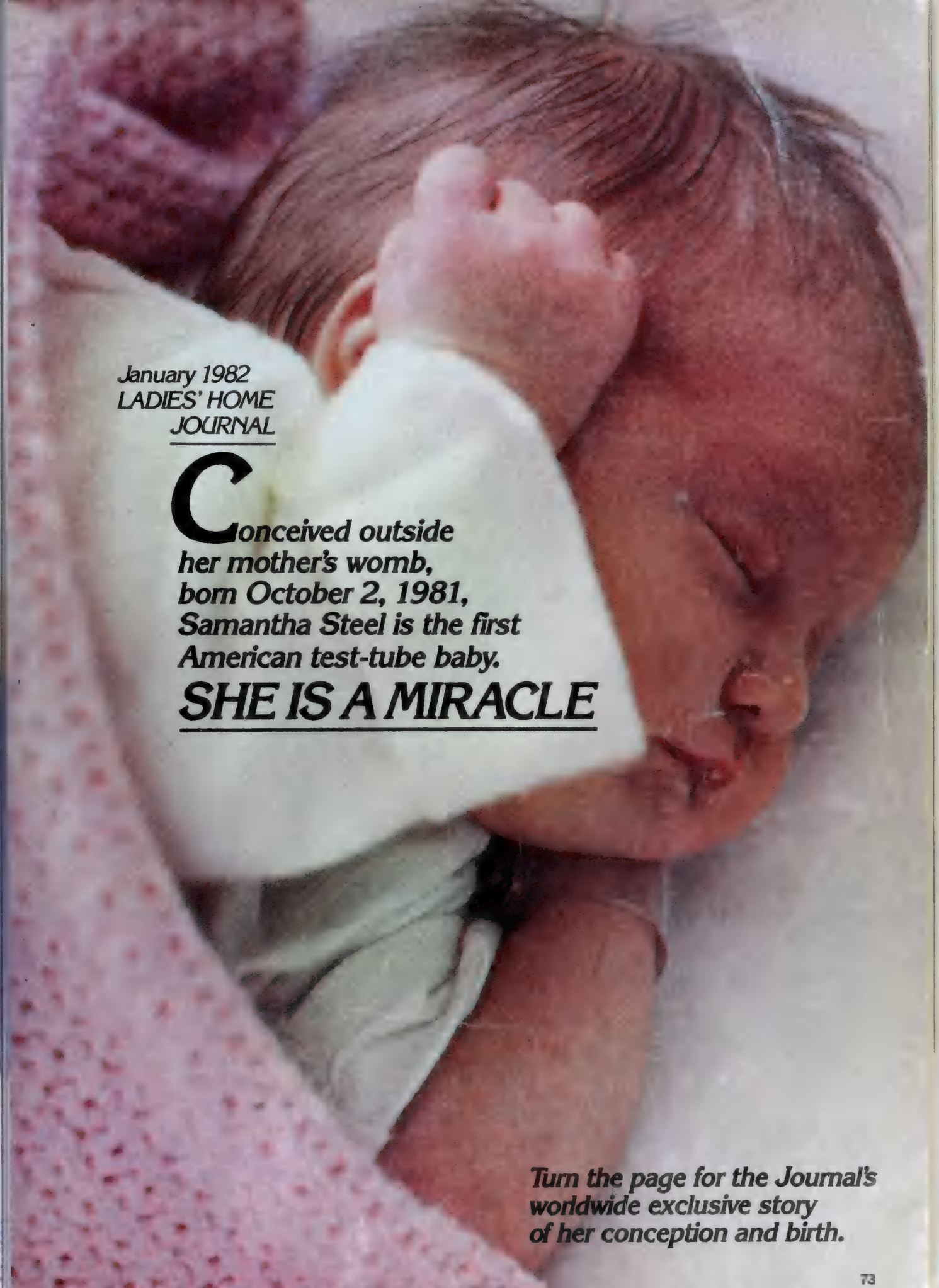
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January 1982  
**LADIES' HOME  
JOURNAL**

**C**onceived outside  
her mother's womb,  
born October 2, 1981,  
Samantha Steel is the first  
American test-tube baby.

**SHE IS A MIRACLE**

Turn the page for the Journal's  
worldwide exclusive story  
of her conception and birth.





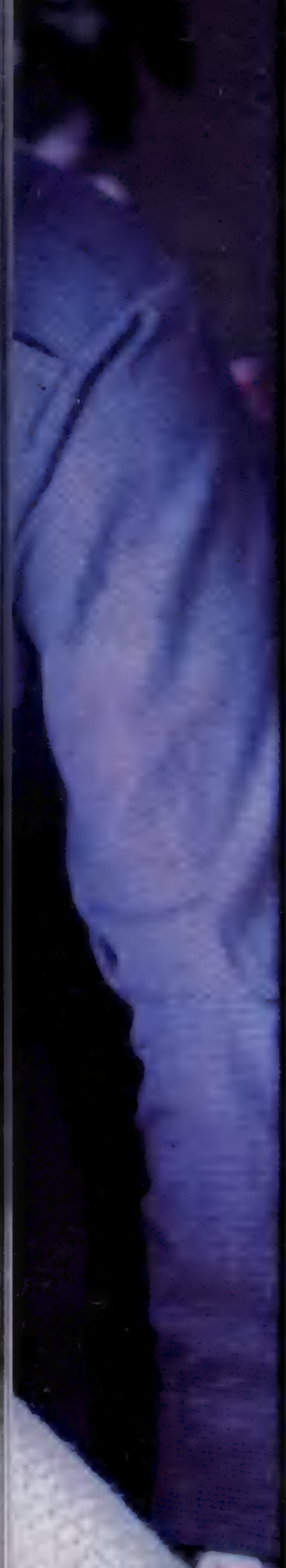
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# IT'S A GIRL!

*By Bonnie Remsberg*

Photographs by John Doidge





**D**octors told Laurie and Jon Steel: "You will never have a baby of your own." But the young couple refused to accept such a hopeless verdict. They knew that only a medical breakthrough could help them, and so they searched until they found it . . .

Laurie and Jon Steel have a baby, a little girl with her father's bright eyes and her mother's lovely, generous mouth. Her name is Samantha.

She was born late one night in October. To her parents, her first cry was a sound of piercing joy, her appearance the glorious ending to an incredible story; because, by the laws of human anatomy, Laurie Steel cannot conceive a child.

Yet today, radiant and filled with a sense of triumph, she holds her newborn daughter. The Steels' long-awaited and desperately wanted little girl is the first American test-tube baby.

The *in vitro* procedure for fertilization, developed in England by gynecologist Patrick Steptoe and researcher Robert Edwards, gave Laurie her only chance to give birth to a child.

Pretty, cheerful Laurie Steel is not an obsessive or compulsive woman. She could and would have gone on with her life quite productively if circumstances had compelled her to remain irrevocably childless. She simply, instinctively and profoundly wanted to have a baby, to love it, to meet the challenge of raising it and to share it with Jon. She wanted the experience; she felt, as a woman, she should have it. And, as she confided to her diary, "I did not want to look back from middle age feeling that I hadn't at least tried everything possible that technology in my time had to offer."

The Steels have shared their story, more dramatic than fiction, exclusively with the readers of *Ladies' Home Journal*. It is the story of a modern medical miracle, of an extraordinarily determined young woman, of the man who loves her, of two dedicated doctors, and of the pursuit of what Laurie's mother calls "a dream come true."

When the Steels first found each other, Laurie was only 17, a long-legged, suntanned California

blonde, bursting with good health and honest charm.

Jon and Laurie met at a pre-football game pizza party at Stanford University. Laurie was a brand-new freshman; Jon, a graduate student newly arrived with a degree from West Point. "From the day I met her," Jon recalls, "everything was there. She's a golden girl, not just her looks, but her whole being." He called for weeks until she finally agreed to go out with him, and then they simply became each other's lives.

Two years after they met, they were married on Christmas Eve in the West Point Chapel. Jon was due to go off to Vietnam. He came back from the war a company commander, and the couple moved to Edwards Air Force Base, where he went to work for NASA and she went back to school.

Then one night in December of 1970, Laurie, lying beside Jon, woke suddenly. Pains like daggers were shooting through her body, so intense that she could not straighten up. Jon was frightened; she was hot to the touch. He carried her to the car in his arms, then sped her through the night to the hospital. There, she was whisked into surgery.

After five hours, a doctor finally came out to report, "She's a very sick girl. We're trying to save her."

Dawn was coloring the sky before Jon heard any more. She had had, he was told, a Meckel's diverticulum, a weakened area on the intestinal wall that had gone undiagnosed, despite several girlhood visits to the doctor because of severe abdominal pain. The diverticulum had become infected and burst, so that almost everything inside her abdominal cavity was horribly infected. Her intestine needed extensive resectioning and her reproductive organs were twisted and disfigured. Still, she was alive. Jon felt relieved and grateful.

(continued)







**T**hey were the words Laurie had been longing to hear. "I think I can help you," Patrick Steptoe said.

Several days later, the doctors came in to talk to Laurie. They drew the curtains around her bed. "Sorry to have to tell you this," one of the surgeons said, "but it looks as though you'll never be able to have children."

"The fallopian tubes were badly damaged," the other doctor added. Laurie, still groggy from sedatives, showed little reaction.

Minutes later, Jon walked into her room, crying. They had told him the same news.

Because Jon was crying, Laurie wept too. She could sense that his sorrow was for her.

At that moment, as she slid painfully from girlhood into womanhood, Laurie was given, simultaneously, one tremendous blow and one enormous gift. She knew with certainty how deeply her husband loved her.

Her recovery was quick. The doctors were amazed. She attributed her remarkable healing ability to being a health-food nut." Her youth, of course, was a factor, too. She was not yet 21.

But Laurie was not satisfied simply being well again. She wanted a child, Jon's child, and as soon as she was able, she began what was to become a 12-year search for the solution to her problem.

Opposite page, clockwise from upper left: • Radiant Laurie, seven months pregnant, spelled out her joy for all to see. • Like any expectant couple, Jon and Laurie shared their hopes and dreams. • During the months of waiting, Laurie spent tension-easing hours with her beloved violin. • To her classmates in a childbirth class, Laurie was just another excited mother-to-be. This page: Only five days old, bright-eyed Samantha surveys her world.

One of the doctors on her case was setting up practice with a fertility specialist in California, and as a first step Laurie sought him out in hopes something could be done to repair her damaged tubes. An operation called tuboplasty

to Georgia to establish residency for school.

There, Laurie visited a well-known fertility specialist. Indeed, his bluntness might have been enough to discourage a less persistent woman. "I'm sorry," he told her flatly after examining her, "I can't help you."

When she talked to other women about the situation, she recalls, "The theme was always, 'Everything will be all right if you relax and stop trying so hard.'"

It was far from that simple. Although her uterus and ovaries had returned to normal, there were serious problems with the vital link between them. In spite of the fact that the clubbed ends of the fallopian tubes had been surgically opened, the fibria—tiny, finger-like projections that grab the ripened egg after it bursts from the ovary and propel it through the tubes—had apparently been damaged.

Laurie began to dread the time each month when her period was

due. "Each one is a defeat," she says. "This problem can be a terrible strain on a couple. It could inhibit and damage a lot of marriages. You simply have to laugh. Otherwise it can be overwhelming. We didn't always obey the temperature charts."

In what Laurie describes now as a subconscious effort to get away from the pressure of the situation, they sent off a flurry of application letters for veterinary school to universities all over the world. Thus came the quirk of fate that would eventually enable them to steer their way through the statistics stacked so highly against them. (continued on page 104)



opened their clubbed ends, and insufflation, in which air is blown through the tubes, proved them to be unblocked.

Still, her fertility remained in question.

Laurie made up her mind that she would pursue the quest as far as it would take her. At the doctor's suggestion, she kept temperature charts and took fertility drugs. "I was aware of each month passing," she recalls. "Not worried, but aware. I couldn't yet hear the biological clock ticking."

At that time, both Jon and Laurie settled on pursuing careers in veterinary medicine. They moved



# DECORATING WITH INVESTMENTS

stoneware jugs

Furniture and accessories can be doubly beautiful if they enrich your home and increase in value. Here, some smart long-term "investments."  
By Suzy Taylor

antique armoire

- First rule of investment decorating: Buy something only if you love it. You'll have to live with your treasure. And if its value appreciates, that's a bonus.

- Go for the highest quality you can afford. Better to have one first-rate example than two not-so-greats. Look for top-notch condition, without repairs.

- If the piece (or object) is strong enough, special enough, make it the focal point of your room and decorate around it. For greater impact, highlight the piece with track lighting or floor spots or both.

- Group "like" accessories together for more of a statement—for example, a collection of baskets across a mantel or atop an armoire.

- Don't be afraid to mix periods of furniture, finishes, countries of origin or a multitude of patterns.

For shopping information, see page 104.  
Photographs by James Levin



Perfect for rooms with high ceilings, a grand armoire (19th-c.), painted and grained to look like tiger and burr maple. Bought for \$1,000 six years ago, it's increasing in value about 25 percent each year. On top, bold stoneware jugs (also 19th-c.) from Georgia.



## THE TOP TEN INVESTMENTS

An expert, David Redden, vice president of Sotheby Parke Bernet's York Ave. Galleries in New York, gives his ten choices of what to collect today: 1. American 19th-c. furniture. 2. American 19th- and 20th-c. paintings. 3. American folk art, both antique and contemporary. 4. Vintage clothing. 5. English 18th- and 19th-c. ceramics. 6. English 19th-c. furniture. 7. Japanese prints. 8. Chinese and Japanese 19th-c. works of art. 9. British and American 19th-c. silver. 10. First-edition books of famous authors.

**ON COLLECTING:** Although you're too late to discover a Tiffany lamp or a Chippendale highboy, there are new fields for collecting opening up all the time. "The sure way of spotting something that will appreciate in value," suggests David Redden, "is to look for items whose reproductions are more expensive than the originals."



kitchenware



contemporary rocker



handmade quilt

country table

hooked rug



folk art



blanket chest

**K**itchen potpourri, top left, scrambles different periods and cultures in a decorative display. On view, 19th-c. green-glazed butter molds; Spanish Picasso-design platter; 17th-c. mortars and pestles; American pewter cooking utensils; and a charming turn-of-the-century scale, found for \$50

**R**ocking chair, center left, is a good example of an investment in modern furniture. It's well-designed and handcrafted by a woodworker (Robert March) from Massachusetts. Although the cost was steep (\$2,000), the new owner immediately fell for its simple comfort, unusual shape.

**F**olk paintings, a carved cat and a stack of seven Shaker boxes, now worth \$4,500, lower left, are arranged to make a still-life composition in Jay Johnson's apartment. Owner of the America's Folk Heritage Gallery, he feels 20th-c. folk art is probably "today's best investment."

**F**lower-blocked hooked rug, above, looks right at home on the wide-planked flooring of a 150-year-old country house. These Americana rugs, handmade in the early 1900s, are still undervalued (this one cost \$500), yet have the same homespun appeal as highly collectible but more costly quilts.



Paring off excess pounds—and keeping them off—is never easy. But as these six successful dieters prove, being thin at last is not only possible but worth the effort. We asked them to share their weight loss se-

crets and favorite recipes with you, and then we treated each one to a total fashion-beauty makeover. (Bonus: No-fail slimming tips from Weight Watchers begin on page 85.) By Joan Heilman and Maureen Lynch

## Special report from Weight Watchers

# “We Did It—You Can Too!”

**Flavia** From 200 to 130 pounds. “I learned how to stay slim.”



When Flavia Caiola was 19, she was mistaken for the mother of the groom at her sister's wedding. Only 5'5" tall, she weighed over 200 pounds and wore a size 22½ dress. This summer, when she answered the door in shorts and a tank top, the deliveryman asked her, “Is your father home?” Seventy pounds thinner at age 37, she was mistaken for a teenager.

Flavia grew up in a New York Italian family. “I was an ugly duckling,” she says. “I was heavy, wore glasses and was very domineering. I felt that even if I couldn't control my weight, I could control people.” Though her mother and sister were petite, Flavia's father was overweight and proud of saying, “Did you see the fettuccine she put away? Boy, can she eat!”

Married at 17 (and 160 pounds) to a man who rarely commented on her weight, Flavia gained 20 pounds on her honeymoon. By 21, she had had two children and was above 200. She dislocated a spinal disc, and doctors

warned if she didn't lose weight, she'd end up in a wheelchair.

Out of the hospital, she joined her neighborhood Weight Watchers and

### CORNMEAL MUFFINS

Preheat oven to 350°F. Combine ½ cup drained canned whole-kernel corn, ¼ cup plus 1 Tb. enriched flour, 1 oz. uncooked enriched yellow cornmeal, 2 tsp. sugar, artificial sweetener to equal 2 tsp. sugar, ½ tsp. baking powder, ¼ tsp. each salt and thyme. In small bowl, slightly beat 2 eggs, add ¼ cup buttermilk, 1 Tb. melted margarine. Slowly add to corn mixture, stirring until combined. Divide mixture into 6-cup muffin tin, bake 30 minutes. Makes 6; 85 calories each.

lost 70 pounds in less than 12 months. Slim now for 12 years, Flavia is a lifetime member, who weighs in every month. “No one I know who weighs in regularly has ever gained uncontrollably again,” she states. “Keeping a constant check on yourself keeps the lid on. I'm proof it works!”

**Sleeker, Slimmer.** Flavia had trimmed down her figure in record time, but left her hair too heavy and full over her ears (almost like earmuffs!). This new layered cut gives a much softer line, shows off her cheekbones. Her attractive features were contoured with a dark blush to bring out their best angles.

**Dieter's Fashion Tip.** Best camouflage for anyone overweight: cooler, deeper colors (blues, greens), small prints. Right: Flavia's two-piece dress, a rich teal-blue polyester crepe, has ¾ sleeves. By Leslie Fay (\$86).

**Flavia's Tips:** 1. When you're going out to eat where there will be luscious desserts tempting you, have a “legal” dessert waiting for you at home so you can resist a lot better. 2. Call your hostess before you go to a dinner party and ask what's being served. If it is something you can't have, ask if you may bring something for yourself. 3. Don't trust your eyes. Always weigh the foods you're supposed to weigh. You may find you have been cheating yourself. 4. Be definite when you turn down food. Don't whine, “Gee, I'd love it, but I'm on a diet.” Simply say, “No, thank you, I don't care for any.” Most people won't push.





# Cheryl From 308 to 150 pounds. "Being thin—and single—is wonderful."



Before

Four days before her 31st birthday, over a year ago, Cheryl Bussard gave herself a present. That's the day she reached her goal weight of 150, making her a little less than half the size she'd been only 18 months earlier when she weighed in at 308.

"When I stepped on the scale that day," she says, "I realized I'd finally made it after a lifetime of being fat. I felt wonderful. I celebrated by modeling a dress I used to wear. It was size twenty-six and a half." As a 5'8½" slender, attractive woman today, she can "buy a size twelve right off the rack."

Cheryl was always overweight, even as a small child, but gained the bulk of her extra pounds in her teens. "Boys couldn't come near me," she says. "I never went to a school dance because I was so self-conscious. I tried to dress nicely, but that's not easy when you're seventeen years old and have fifty-six-inch hips."

Twelve years ago, after a long and frustrating job search, Cheryl went to work in the office of the A&P coffee

roasting plant in Jacksonville, Fla. "The job was fine, but life was bleak," she recalls. "I found myself turning thirty and weighing over three hundred pounds. I decided I did not want to live the rest of my life being lonely. I tried to lose weight using pills, crash diets, liquid diets. I'd lose a few pounds but always gain them back."

On April 18, 1979, she mustered the courage to walk into a Weight Watchers meeting. She remembers being worried that even there she would be considered a freak. Although most of the members had only 25 to 40 pounds to lose, she was received warmly. In the first 16 weeks she lost 47 pounds, and then stuck to the program until that fateful day when she reached her goal—after losing 158 pounds.

What helped Cheryl was realizing that she didn't have to face this problem alone. "You plug along with everybody's help, one day at a time, ten pounds at a time. You discover your limitations and practice strategies for coping that don't include food."

## ORANGE-GINGER CHICKEN

Combine ½ cup orange juice, 2 Tb. teriyaki sauce, 1 Tb. rice vinegar, 1 tsp. honey, ½ tsp. grated orange rind, ¼ tsp. minced fresh ginger root. Add 12 oz. skinned and boned chicken breasts, diced. Cover and refrigerate overnight or at least 6 hours, stirring occasionally. Heat 1 tsp. sesame oil in medium saucepan; remove chicken from marinade and sauté in oil 8 minutes, stirring often. Add marinade; cook 2 minutes longer. Serves 2; 235 calories each.

**Dieter's Fashion Tip.** Dress in thin fabrics, flat knits. Forget about fluffy mohairs, bulky tweeds. Avoid body-hugging problems by wearing a non-cling slip. Right: Pleased with her slender self, Cheryl invested in a new wardrobe to fit, rather than trying to cinch in her former sizes. Here, she looks terrific in a snappy sailor dress in true navy blue.

"Being single and thin is wonderful," Cheryl continues with a twinkle in her eyes. "I feel as if I'm going through a second adolescence, as if my life is just starting at age thirty-two. I'm going out on dates, beginning to stand up for my own opinions. Now guys look at me admiringly and even open doors for me. They never did that before."

Her fifteenth high school reunion is coming up, and she can't wait. "Imagine their faces when they see me now!"

**Blithe Spirit.** When you drop from 308 to 150 pounds, you feel . . . free. Even Cheryl's hair, once short and shapeless, now bounces with a new-found charm. When cut into layers, a natural wave came out that gently frames her face. Cheryl's eyes are deep-set; shading with a taupe shadow helped open up and intensify their blueness.



**Cheryl's Tips:** 1. When you're losing weight, cut down on red meats. Lighter meals make you feel better, have more energy. 2. To satisfy cravings for food, drink bouillon, coffee, tea or diet soda. Eight ounces of tomato juice (once a day) are very satisfying, as well as diet gelatin, if you must have something sweet. 3. Don't be intimidated by the waiter when you eat in a restaurant. Order for yourself. Feel free to request no butter on the vegetables, salad with vinegar (add a little sweetener if you like), broiled fish or meat. 4. When you feel like eating, get out of the house. Do something. Take a walk, a bicycle ride, go shopping. The fresh air will make you feel good. 5. The Weight Watchers milk shake is unbeatable for a snack. In a blender, mix ½ cup skim milk, your favorite fruit, such as ½ banana or ½ cup whole strawberries, ½ teaspoon vanilla and sweetener or ½ teaspoon sugar, along with some crushed ice cubes.





**H**ey, Diekman's not a hippo anymore," shouted the ninth-grade boy, astounded when he looked at his English teacher the first day of school over a year ago. Those were the nicest words 24-year-old Julie Diekman had ever heard. How could she forget all the sniggering remarks her students used to make only a few months before when she walked down the school's corridors at a solid 241 pounds? Today she hovers at 130, just about right for her 5'8" frame. She's shed about 110 pounds.

Julie had a weight problem even as a young girl. By the eighth grade she weighed 165, and hit 195 when she graduated from high school. "I was the classic jolly fat girl, always the entertainer, Miss Good Cheer. I was everybody's best friend, who listened endlessly while the other girls talked about their boyfriends—but never had one of my own. I ate my anger, burying my frustration in food."

In college she lost a little, married a fellow student and promptly skyrocketed up to around 250. "After we graduated, Steve went on to dental school while I taught. We were pretty

poor, he was always studying and food, as usual, was my solace and companion." Clothes were a constant problem, although she wore a sturdy girdle and a long-line bra.

Julie had tried many diets before. "I think I started dieting when I was about ten," she says. She even joined Weight Watchers several times, but never stayed with the program because "I always thought I knew more than they did. After all, I was the expert dieter."

The holiday season two years ago was the turning point. "We were at my in-laws' for Christmas," she says, "and

mas she dropped 40 more. "Losing the weight wasn't easy. There wasn't any magic, just hard work. I was told I'd have to stick to the program. I did, and look at me now."

Today Julie's an avid exerciser who runs, swims and loves belly dancing. Her weight has fluctuated up and down somewhat, however, especially after she and her husband left Minneapolis, her hometown, and moved to Dickinson, N.D. She was lonely, "so in my misery I reverted to eating. But I beat the problem before it beat me. You have to accept when you fail and pick up where you left off."

## RUM RAISIN FROZEN DESSERT

In bowl with  $\frac{1}{4}$  cup boiling water, soak 2 Tb. dark, seedless raisins for 5 minutes. Drain well and chop. Place 6 oz. vanilla-flavored dietary frozen dessert in bowl; fold in raisins and  $\frac{1}{4}$  tsp. rum extract. Freeze until just firm. Divide into 2 dessert dishes and return to freezer before serving. Serve each with  $\frac{1}{2}$  graham cracker. Serves 2; about 200 calories each.

they're all skinny little things. After eating a big dinner, I sat in a rocking chair, grabbing a piece of candy from a bowl on the table next to me with each rock. Soon I had finished the whole bowl. I felt terrible because I knew everyone was watching."

She joined Weight Watchers again three weeks later and this time she didn't quit. By June she had lost 70 pounds, and by the following Christ-

*From Billowy to Willowy. Julie's long, tall figure was well toned due to a vigorous swimming schedule, but what was good for her body was too harsh for her hair. Daily conditioning plus a once-a-month deep treatment is called for to combat dryness. In the meantime, wispy bangs and a side braid add instant appeal. Her graceful almond eyes were played up with lavender shadow and black liner.*

Floor tiles by Country Floors Inc.



**Dieter's Fashion Tip.** Accent the vertical (long scarves, stripes). Shun the horizontal (wide belts, empire styles, flounces) until you're thin enough. A V-neck, with a peek of skin showing, helps lengthen the body. Right: Ready for action, Julie's wearing a zippy striped jumpsuit with elastic waist, button front and  $\frac{3}{4}$  sleeves. By Nicole Miller for P.J. Walsh (\$90).

**Julie's Tip:** 1. When the urge to eat is overwhelming, go into the bathroom, lock the door and take a bath. It relaxes you, gets you out of the kitchen and shows you your fat undisguised. 2. When you wake up in the morning, immediately do some exercises. That gets your day off to a good start. 3. Motivate your family and friends to help keep tempting foods out of your sight. They wouldn't set a six-pack in front of an alcoholic. Encourage them to lavish compliments on you when you make the right decision. 4. Even after you have lost all your weight, don't expect perfection. I'm thin, but I still don't look like Farrah Fawcett and *Vogue* hasn't called. 5. When you feel the urge to eat, sit down and count to ten. If you still want the cookies, count again. If you still want them, eat them, but do it consciously, sitting down—don't read or watch TV. Then forget the entire episode and go back to the program. 6. Never nibble while you drive. Plan ahead for the times when you will stop to eat, including snacks. Store all food in the car trunk.



# Shirley From 155 to 125 pounds. "At age fifty, I lost my midriff bulge."



Being overweight had never been a problem for Shirley Rutherford until a couple of years ago, when she put on 25 pounds after a hospital stay.

"You couldn't have called me fat," explains Shirley, who has been married to her husband, Red, for 32 years, has grown children and a grandchild, and works as an administrative secretary to the principal of the Lower Cape May Regional High School in New Jersey. "I was pretty shapeless, though. Only the middle of me expanded—from my thighs to my waist. My skinny arms and legs just stuck out, which wasn't too attractive. I covered the bulges with overblouses and elastic waistbands, until one day I put on my stretch riding breeches."

Riding breeches are unforgiving, she explains. "If you have a bulge, everyone can see it. Besides, bending over when you have overfilled your breeches is just about impossible. I said to myself, 'I can't be seen in these!'" Shirley is a horsewoman, who rides three or four times a week and shows her Appaloosa, named Colida's Pride, in several competitions each year. Now she looks is very important to her. So last February, Shirley, accompanied by a plump friend, started attending weekly Weight Watchers meetings. Faithful from the start, she chose the smallest portions acceptable.

For example, given a choice of two or three slices of bread, she chose two. She even turned down the bonuses and extras the program allows.

"My middle melted away," she says. "I lost twenty pounds in only nine weeks, going from a size fourteen to a twelve. I bought myself new clothes. In another few weeks, I was a size ten and had to take them all in. That beats looking for seams to take out!"

At 5'6½", she's down from 155 to about 125, and Mrs. Rutherford intends to stay that way. "Being overweight made me feel uncomfortable, bloated and sloppy. Also, my energy level dropped. But I feel presentable again. At fifty, I could have given in, but I didn't, and I'm glad."

Snacking was the hardest habit to break, according to Shirley. The only

## CHEESE-STUFFED PITA

In bowl combine 1½ cups part-skim ricotta cheese; ½ cup peeled, seeded and diced tomato; 2 Tb. minced fresh parsley; 1 tb. minced green pepper; 2 tsp. each chopped chives and grated romano cheese; dash each of oregano, garlic powder, salt and pepper. Slice 2 1-oz. pita breads horizontally half-way around, and open to form pocket. Stuff each with half the ricotta mixture. Serve cold or bake at 400°F. for 15 minutes. Serves 2; 215 calories each.

way she can refrain from doing it is to keep her hands busy. She has finished two afghans and three crewel pillows. She spends spare time grooming and training her three dogs.

She still snacks occasionally, but dif-

ferently. "I used to be hooked on pretzels dipped in sour cream," she admits, "along with anything chocolate. Now I never eat pretzels right out of the bag, and I don't keep sour cream in the house. I put the pretzels I'm allowed on maintenance—about fifteen—in a dish before I eat them, and I avoid chocolate, except for low-calorie popsicles. And I save some fruit for between meals."

Meanwhile, she monitors her weight very carefully and goes right back on the program the minute the scale starts inching up. For added insurance, she's taken up knitting.

**A Good Sport.** Shirley, an active sportswoman, needed a breezier look to fit in with her casual lifestyle. Her somewhat "brassy" (from the sun) hair color was toned down to a warm honey brown and cut in layers with extra volume on top. She can just wash it, let it dry naturally. Makeup was kept soft: brown tones on her eyes, a light russet for her lips.

Antique lamp and hall stand from Niccolini Antiques.



**Dieter's Fashion Tip.** With pants, make sure undergarments fit—neither tight nor baggy. Binding elastic causes bulges. And nothing says "fat" faster than a visible pantyline. For jackets, hip-length hides the most. If back-vented, check that it doesn't gap. Right: Looking dapper, Shirley models her own riding habit, including stretch breeches!

**Shirley's Tips:** 1. If you like to eat between meals, save a piece of fruit from lunch to eat in the afternoon or at night. Save a glass of milk for an evening snack. 2. Whenever you travel or are unable to have access to "legal" foods, always carry some fruit. This way the right foods will be available when you want a snack. 3. Use a lot of interesting spices when you cook, especially on vegetables. You'll find the food will satisfy you more and help eliminate snacking. 4. Try a Mexican cooking tip and add shredded lettuce to casseroles and stir-fried leftovers. It adds volume and a unique flavor. 5. If you have a business lunch, eat your main meal at noon and a light supper in the evening. In general, get into the habit of eating at the same times every day to cut down the sometimes very strong temptation to snack between meals.





**Before**

**W**hen Sharon Freeman carried 193 pounds on her 5'10" frame, her brothers teased her. If she got any bigger, they said, she could try out for the University of Minnesota football team.

"I ate like a man," she recalls. "I had four brothers and my mom dished

school. When she married, at 23, in 1979, she promptly gained 50 pounds in five months. Her husband, Melvin, is a high school physical education teacher and "forever thin." He didn't seem to object to Sharon's increasing girth, she says, but she wanted to have a baby, and decided not to begin her pregnancy overweight. "Besides, I'm a clothes fanatic," she says, "and I couldn't find anything. I was buying a pair of pants one day, and I just managed to squeeze into a size eighteen. That was the moment of truth."

She signed up at Weight Watchers in

April, 1980, lost 25 pounds and quit June to continue on her own. By September, she realized she needed group support, and rejoined. She went on to lose more, and by last Valentine's Day had lost a total of 48 pounds.

"When I started the program, I was certain it wouldn't work because you're allowed so much food. I was never hungry. But the weight kept dropping off. The hardest part for me was to adjust my meat and starch portions down. Rather than using butter and sour cream on my potatoes I used yogurt. Also, I stir-fry food, and even

**Dieter's Fashion Tip.** For a thinner look carry one color tone from waist to toe. Coordinate clothing, hose and shoes. Ankles and legs will look narrower with pumps or sling-back shoes. Below: Sharon wears cotton cropped pants (\$46) and vest (\$28) over a golden shirt (\$30). All by Willi Smith for Willi Wear Ltd.

#### **Dressed for Success.**

Sharon, who loves to sport the latest fashions and look spiffy, is finally in the perfect shape to do so. For a fast update, her hair was conditioned, trimmed and given a sleek new style. The back was left long enough to go into a neat French twist while the front section stays fluffy and full. Sharon needed a base of foundation to even out her skin tones. Her suddenly prominent cheekbones were accented with a russet blush. Black liner pencil and a double coat of mascara heightened her eyes. Lipstick, a rich wine color, was slicked with a top coat of high gloss.



#### **HONEY-CURRIED SNAPPER**

Combine 1 Tb. Dijon-style mustard, 2 tsp. honey, 2 tsp. lemon juice, dash each curry powder and salt. Place 12 oz. of snapper fillets in small casserole; pour mustard mixture over. Bake at 350°F. about 25 minutes, then broil 2 minutes about 4 inches from heat source. Garnish with 1 tsp. chopped fresh parsley and dash of paprika, if desired. Serves 2; 210 calories each.

my husband likes my baked fish."

Today, Sharon, who is an assistant buyer for Control Data in Minneapolis, has become a jock. She plays volleyball and racquetball regularly and has joined her company's baseball team. According to Sharon and her husband's plan, she is pregnant and expecting her baby by the end of March. "I have gained only the amount of weight my doctor recommended," she says proudly. "I eat what I should and exercise regularly. But just don't want to gain that weight back and have to go through this again. Once is enough!"

out five plates equal in size, so I learned to eat big. Sweets were never important to me, but the portions I ate were huge—six pieces of fried chicken, four big slices of roast beef, a pile of French fries, ice cream and potato chips. I was, and am, a potato chip freak."

Though she was a "scrawny kid," Sharon was a hefty teenager—about 25 pounds overweight throughout high

**Sharon's Tips:** 1. Start exercising. Get into something vigorous and regular. If you can't cope with volleyball, racquetball or tennis, do some fast walking. 2. If you work, go home for lunch if possible. This helps avoid a lot of temptation, makes the right foods easily available and saves money besides. 3. On coffee breaks at work, eat the "legal" snacks you've brought from home. Sit far away from the vending machines that dispense junk foods. 4. Make a shopping list before you go to the market. Buy nothing that isn't on that list. Avoid the cookie and snack aisles completely. 5. Keep celery and carrot sticks on the counter when you cook. Pop one in your mouth when you're tempted to nibble at the food.





Without cigarettes I used food, and hit the vending machines at work."

To add to the problem, she was on the evening shift, which meant she ate at odd hours. "We'd send out for fried chicken or hamburgers, or maybe barbecued ribs and French fries. I was never a fan of vegetables. Can you imagine sending out for steamed green beans? (continued on page 125)

**Action-Taker.** Carolyn came through her diet program with a growing sense of self-control. Her new shorter haircut reflects this mood; it's permed and layered for volume. On work days, it can be towel dried, or for more polish, blown dry into a smoother style. Quick makeup tip: the same blush of color on her cheeks was applied as eyeshadow.

**Dieter's Fashion Tip.** Today's style—shoulder padding—is good to balance the proportion of a heavier figure. Also, try wearing a dazzling pair of earrings, a knotted scarf or a hair ornament to carry the eye up. Below: On Carolyn, a tie shirt (\$58) and dirndl wrap skirt (\$74). Both by Frank Smith for Evan Picone.

People respond to me differently now that I'm thin," says Carolyn Stewart Carlson. "That can be disconcerting and make me insecure sometimes." Though most of her women friends are enthusiastic about her new look, some are obviously threatened. And a few men who were formerly pals are suddenly finding her attractive. "I don't want to gain the weight back just to feel safer, though. I hope I'm mature enough to cope."

Always 20 pounds or so overweight for her 5'7" height, she'd gained 20 more the summer before last when she quit smoking. A news writer for the Atlanta bureau of the Associated Press, she had always counted on cigarettes to relieve the tension of her high-blooded job. "I discovered I couldn't write a lead without looking for something to put in my mouth.

### SPICY BEEF PATTIES

In non-stick skillet cook 1 cup sliced mushrooms, 1 tsp. each minced scallion, celery and pimiento until soft. In bowl combine with 6 oz. ground beef, 2 oz. grated Cheddar cheese, 2 Tb. chopped fresh parsley, 2 tsp. teriyaki sauce, ½ tsp. salt, ½ tsp. Dijon-style mustard; dash each pepper, garlic powder and thyme. Form into two patties, broil in oven or grill on hot coals until done to taste. Serves 2; 280 calories each.

**Carolyn's Tips:** 1. Buy really fresh vegetables and fruits. As soon as you get them home, wash, scrape or peel, cut or chop them, so they are ready to eat. 2. Keep your hands busy, especially when you watch television. Cultivate good books, puzzles or exercise. Take up embroidery or needlepoint. Give yourself a manicure. Play the piano. Find activities to replace the role of food in your life. 3. Make "legal" foods in bulk and then freeze them in portion sizes, so when you are in a hurry or you don't feel like cooking, there is always something available you can eat. 4. Before preparing a meal, serve yourself a hot drink to diminish your appetite. Chew sugarless gum while cooking. To taste or nibble, you must deliberately remove the gum.



Antique wicker from The Gazebo.

## No-Fail Tips from Weight Watchers

- Never skip meals. A proper breakfast, the meal most dieters love to miss, is just as essential as lunch and dinner.
- Don't eat the same foods every day. Plan for variety.
- Hang a full-length mirror in the bathroom and look at your body regularly. Also, prop a mirror in the refrigerator on the top shelf.
- Drink eight to ten glasses of water throughout the day, flavored, if you like, with a slice of lemon. Have a pitcher with ice water on the dinner table.
- Set small goals. Get through one meal, one evening, one day, at a time.
- When you accomplish a short-range goal—for

example, a five-pound loss—treat yourself to a non-food reward: a hairdo, a new belt, a makeup session.

- Don't eat from a big, flat, white dinner plate. Instead, use a smaller plate with a colored raised border to give the illusion of larger amounts of food.
- Shop once a week from a list, and don't deviate. Never go to the market hungry.
- Eat slowly. Put your fork or spoon down after each bite and don't pick it up again until you have thoroughly chewed and swallowed your food.
- Take at least 20 minutes to eat your main course before having dessert. It takes that long to know if your appetite has been satisfied. (continued on page 125)



**T**hough the Los Angeles temperature was 78, the man sitting in the parked car wore gloves. They were cheap, white cotton gloves, and the man knew they made him conspicuous. But he was used to being stared at, because he was an immense man.

He wore the gloves because of a skin disorder induced by nervousness. His hands had broken out when he had started the final evaluation. Small red clusters embroidered his palms, cracked open and exuded fluid. Thick ointment relieved the itching.

The man sat watching the entrance to a ballet studio, expecting a particular girl to arrive there. She had just turned nine, and she had on her neck a large red birthmark, shaped like a leaf. For his purpose, she was perfect.

And then he saw her, walking with her mother. The girl's hair was red. *Just like her father's*, the man thought. And the birthmark was there. He looked at a photograph lying in his lap. It pictured a girl exactly like the one walking by, even to the birthmark. He could catch the afternoon flight east with the good news.

Later, driving to the airport, he tore up the picture and scattered the fragments out the car window. If anyone had been able to reassemble the pieces, he would have had a photograph of a painting. It showed a young girl with red hair and a leaf-shaped birthmark. She wore a long, blue dress in early 17th-century style, and she had been dead for 300 years.

Hal Richardson and his wife Judy were easterners, and they loathed Los Angeles. Hal might have liked it better if he had liked his job. For example, today: He had tiptoed out of his office for a prolonged lunch break. Thirty-five, bright, an M.B.A. in marketing from Wharton, and what was he doing? Avoiding his boss.

As he walked into Ma Maison he saw Jeff Fields waving from his usual table. Jeff bounced out of his seat, embraced Hal and kissed his cheeks. He had become very demonstrative since his success at the movie studio. His career at York Pictures had rocketed, while Hal's had stopped.

By the time Hal was into his second martini he was running through a litany of frustration. "I

(continued on page 113)

Part one of a terrifying novel of suspense.

# The Seventh Child

By Brooks Stanwood

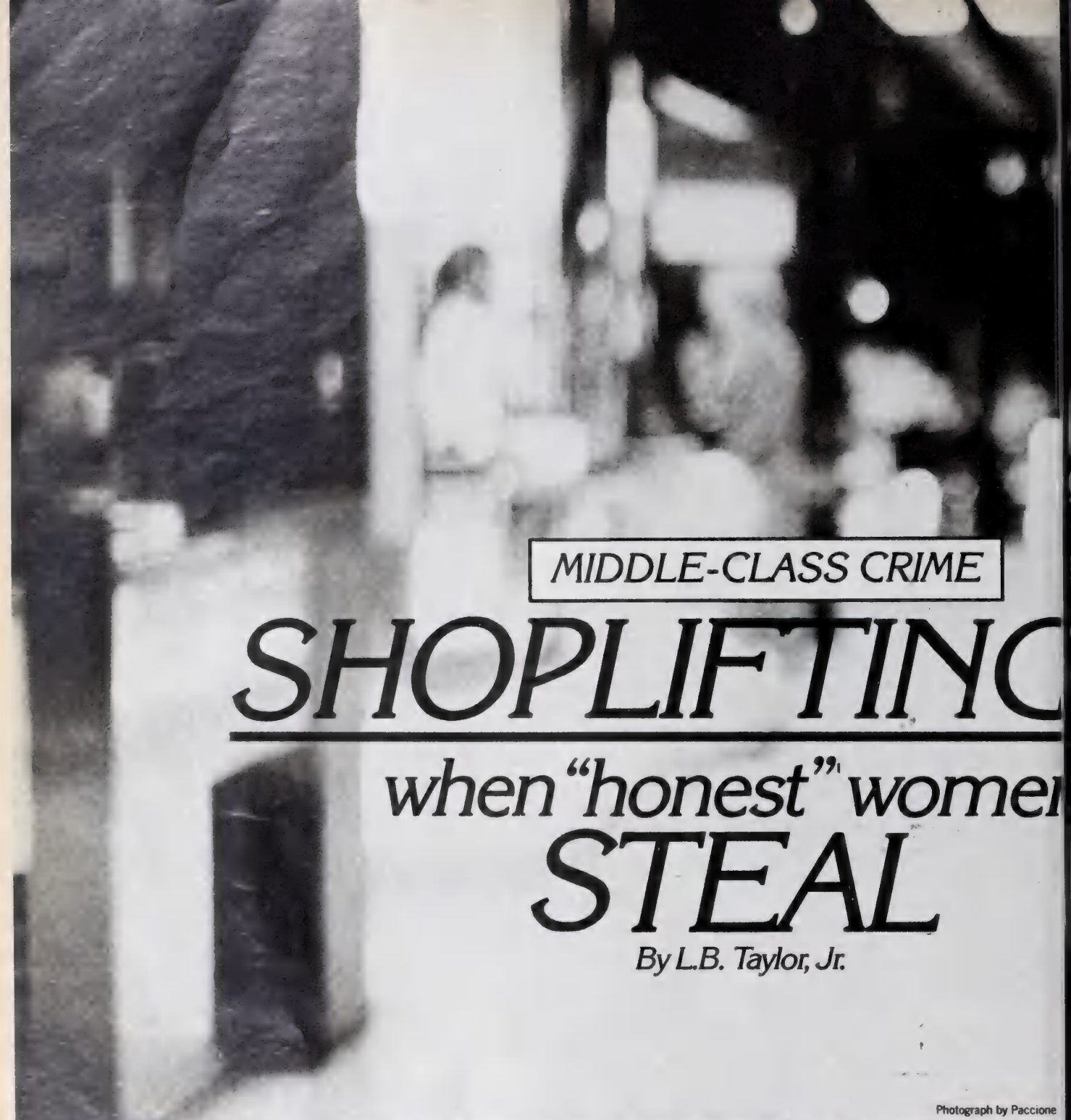
Ripton Falls is an idyllic New England village. But its beautiful setting hides a deadly past. New families in town love its serenity... until the accidents begin... all involving their children.











MIDDLE-CLASS CRIME

# SHOPLIFTING

when "honest" women

# STEAL

By L.B. Taylor, Jr.

Photograph by Paccione

An estimated 140 million cases of shoplifting—resulting in at least \$2 billion in retail losses—

"After buying what I had come in for, I continued browsing through the aisles of the crowded department store. A gold-plated compact that I had seen on a countertop kept playing on my mind. Heaven knows I didn't need it, and at \$40 it was obviously overpriced. Still, there was something about the design that intrigued me.

"I went back to the counter and picked up the compact again. At that moment, I felt an overwhelming urge:

I wanted the compact, but I didn't want to pay for it. On an impulse, I decided to take it. My conscience bothered me for a moment, but then I thought, 'What the heck, everyone does it. Go ahead.'

"Suddenly, my hands were clammy, blood seemed to rush to my head, and a spasm of fear gripped my stomach. I scanned the area. All the salesclerks were busy with customers, and no one else seemed to be paying any atten-

tion. Nervously, I slid the compact off the counter and let it drop into my bag. I looked around again. Still nothing.

"For a second, my legs were immobilized, as if they were made of stone. Then, I took a deep breath and somehow began moving down the aisle toward the nearest exit. I was excited—on an inexplicable high. I looked straight ahead, but I had the strange sensation that everyone in the





occur each year. Among the leading culprits: Relatively affluent women aged 20 to 50.

store was watching me. Although my heart was racing, I tried not to hurry.

"The last twenty yards seemed like a mile, but then I was at the revolving door and outside on the street. I kept walking, afraid to look back. I was terrified that a strong hand would grip my arm and stop me at any instant. But nothing happened. I crossed the street, went another half block and then turned into a luncheonette. At the counter, I or-

dered coffee. I was halfway through the cup before my hands stopped shaking, and the exhilaration I had experienced ebbed.

"Then I glanced into my shopping bag and caught the glint of the compact. A new sensation came over me. I felt smug, cocky. I had dueled with the establishment and won. I had taken something for nothing and gotten away with it.

"I knew I would try it again."

**T**he woman in the incident above may not fit your image of a shoplifter. In her middle 30s, she is a college-educated, middle-class housewife with two elementary-school-age children. Yet, she is typical: Between one-fourth and one-third of all shoplifters are women between 20 to 50—the only larger group is teenagers—  
(continued on page 100)



LHJ's

# MONTH OF BUDGET



**Here's how to fight food inflation . . . 31 delicious and hearty dinners averaging only 99¢ per person for a family of four! Plus, sound tips on planning, shopping and cooking to help you eat better for less.**

*By Sue B. Huffman, Food and Equipment Editor.*

**\$.93**

**New England Boiled Dinner**  
(day 10): The classic combination of corned beef, wedges of cabbage, potatoes, carrots and onions. A hearty meal for four—plus leftovers.

**Waste is often a money drain. Use food tucked away on top of pantry shelves. Date items for freezer to keep track of their freshness.**

**Santa Fe Chicken Soup**  
(day 7): Savory soup full of chicken wings, tomatoes from a can. Its unique taste comes from pinto beans, the zip of green chilies.



**\$.96**



# MENUS



**\$1.05**

Turkey Parmigiana and Homemade Tomato Sauce (day 8): Meat patties, bubbly cheese and thick sausage-y sauce on a bed of spaghetti.

**Expand your recipe file to make use of the less costly meats: ground turkey, sausages and lamb shoulder.**

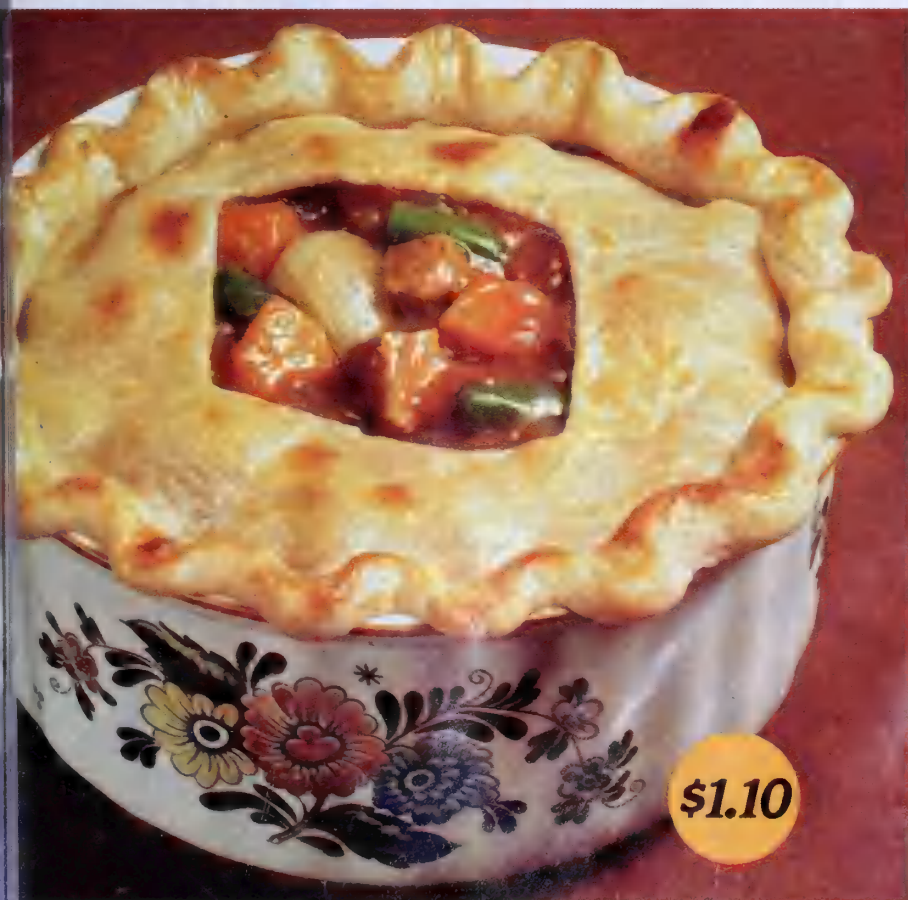


**\$.93**

Sweet 'n' Sour Fish with Peppers/Pineapple (day 13): Crispy chunks of fish fillet, green peppers and sweet pineapple, coated with tangy sauce. On rice.

**Smart shoppers make comparisons—examine “open dating” and “unit pricing,” read ingredient labels.**

Deep Dish Pork Pie (day 5): A meal in one—chock-full of meat, green beans and butternut squash in gravy. Top is blanketed with flaky pastry.



**\$1.10**

## THE INFLATION FIGHTER'S GUIDE TO FOOD SAVINGS

**Yes, it's really possible to shop wisely, eat better . . . even today. Here's how. By Lys Margold**

In the past, food was always one of the great bargains in our land of plenty. Stocking the larder was an easy routine. But now, food shopping has turned into an ordeal. Who isn't aware of how little you bring home in shopping bags for the ever-increasing dollars that you spend?

Still, there are ways you can fight a personal war on inflation—and come out a winner. There are specific techniques for getting around the high cost of food—by being a shrewd shopper, by understanding some new dietary principles and by relating all this to your family's eating habits. This section will provide you the latest information, ideas and maneuvers to help you stretch your food budget and serve the best.

### Planning Is Key

Start out by making a family food budget. Consider nutrition, personal preferences and how much of your income can be set aside for food. To make a sensible plan, keep a record of your actual spending for a few consecutive weeks. The Economic Research Service's statistics show that Americans spend 12.5% of their take-home pay on food eaten at home. Simply knowing where you're spending—or overspending—is the best starting point.

Clear a half hour each week to plan upcoming menus. Do the figuring in your kitchen to check your supply of staples before leaving home. Cross-reference your ideas to what market specials are being advertised in your local paper. Sales really do make a difference. Keep in mind that not every item in an ad or flyer is on sale. Circle “bargains only” with a bright red pen. Try to map out a week's worth of meals at a time—or better yet, specific menus for the month ahead (see our January calendar, page 94).

Going to the supermarket without a food list in hand is like shredding dollar bills in a food processor. Stick to the items written down and cross (continued)



**Easy family meals that hold the line on inflation without skimping on taste.**

**Snacks are part of everyday life. You can save big bucks by preparing your own instead of buying ready-made, insuring good nutrition, too.**

**\$.92**



**Remember, not every meal has to revolve around meat. Families can benefit from the high protein in beans, eggs, cheese.**

*Susan's Kielbasa (day 23): This robust dish combines rounds of Polish sausage and ribbons of cabbage, lightly sauced with sour cream and brown mustard.*

*New Orleans Turkey Creole (day 31): A savory casserole, Southern-style, with the dark meat of turkey, okra and tomatoes jumbled with long-grain rice.*

**\$1.14**



*Red Flannel Hash (day 16): Diced beets add their rosy hue to this traditional Yankee way of making corned beef hash. Round off with four poached eggs.*



**\$1.93**



**Get in the habit of cooking for more than one meal . . . freezing single portions for evenings when everyone's on a different schedule.**

*Noodles Romanoff (day 14): Creamy rich pasta recipe melds the flavors of cottage cheese, yogurt and sautéed onions with egg noodles. Green onions for crunch.*



**It pays to look carefully at the price stickers at the meat counter. You may find regular-priced chicken mixed in with the "on-sale" items.**

*Greek Chicken with Zucchini (day 24): A lemon-zesty sauce lends a fresh taste to browned chicken and zucchini. Go-withs: rice, salad with chicory.*



them off one by one, to cut back on impulse buying. Be flexible enough to accommodate unadvertised specials or sudden disappointments (zucchini looks withered? Turn to more abundant cabbage).

Get serious about couponing. Although most shoppers are content to save between 10 to 15% on a large grocery bill by clipping coupons and "proofs of purchases" refunding, it's possible to reduce costs by over 50%. Organize coupons according to category (meat, produce, etc.) and keep them in a neat file system, circling expiration dates in red. Try to get even higher savings by combining coupons with sale "specials," or waiting for double-coupon days. Certain items are couponing "regulars," such as coffee, cereals, frozen juices, pet foods, and can be stocked up on *only* along with a cash-off offer. The major drawback to relying totally on couponing is that many of the most tempting offers are for highly processed "convenience" foods. You can easily confront this issue by asking yourself each time, "Do I really need the product to round out my family's diet . . . or am I just attracted by the money off?"

### Shopping Strategy

Where you shop can affect your grocery bill. Check prices in nearby stores for basic foods, then compare the markets for shopping convenience and variety of products as well as lowest prices. Store-hopping for advertised specials may be pennywise, but unless locations are close together jumping around may prove costly in time and gasoline. According to the Food Marketing Institute, most shoppers now limit themselves to one (46%) or two (39%) stores for weekly marketing.

When you shop can also influence your buying moods . . . how crammed and crowded the aisles . . . how depleted the shelves. Although Thursday and Friday are still the biggest shopping days (following Wednesday food ads), the traffic has declined slightly, attracting only 45% of weekly shoppers now as compared to 51% in 1980. Monday through Wednesday are getting increasingly busier (27% in '81 vs. 22% in '80), perhaps responding to a drive by supermarkets offering specials on those less frequented days to draw in customers. (continued)



Sunday

Monday

Tuesday

Wednesday

# JANUARY 1982

Start the new year right by following our tip-packed calendar . . . for 31 dinners averaging out to less than 99¢ each (for 4).

**3**  
Chicken a l'Orange\*  
Baked Sweet Potatoes  
Green Beans  
Leftover Pear Upside  
Down Cake  
**\$1.13**  
Week by week,  
compare cost per lb. on  
whole vs. cut-up chicken.

**4**  
Deviled Chicken Livers\*  
on Toast Points  
Green Peas  
Carrot Sticks  
Tapioca Pudding  
**\$0.74**  
Chicken livers are  
a surprisingly great  
source of iron.

**5**  
Deep Dish Pork Pie\*  
Green Salad  
Purple Plums and Pears  
**\$1.10** Pie crust mixes  
can be cheaper  
than the from-  
scratch kind.

**6**  
Potato Frittata\*  
Sautéed Escarole  
Chocolate Ice Cream  
with Cinnamon  
**\$0.55**  
Eggs stay fresh  
in carton for up to  
6 weeks in refrigerator.

**10**  
New England Boiled  
Dinner\*  
Corned Beef  
Boiled Potatoes  
Cabbage/Carrots/Onions  
Chocolate Cupcakes  
(from a mix)  
**\$0.93**  
Save cooking  
broth—soups!

**11**  
Lentil Soup\*  
Corn Muffins  
Cucumber Sticks  
Baked Custard  
**\$1.07**  
Pork bone from day 5  
flavors this hearty soup.

**12**  
Grilled Corned Beef &  
Cheese Sandwiches  
Sauerkraut Salad\*  
Ice Cream  
**\$1.06** Good cheese  
mileage: Shred  
ends, freeze for  
soups and casseroles later.

**13**  
Sweet 'n' Sour Fish with  
Peppers/Pineapple\*  
Steamed Rice  
Stir-Fried Carrots  
Chocolate Cupcakes  
**\$0.99**  
It's okay in most  
recipes to substitute  
varieties of frozen fish;  
check lowest price.

**17**  
Western Pot Roast\*  
Oven Baked Rice  
Frozen Mixed Vegetables  
Caramel Flan  
**\$1.20** Meat-y tips:  
Boneless cuts  
yield 3 or 4 servings per  
lb.; bone-in only 2 or 3.

**18**  
Spinach Tofu Stir-Fry\*  
Chow Mein Noodles  
Stir-Fried Zucchini  
Pineapple  
**\$1.05** Tofu gives top-  
quality protein at  
far lower cost than  
meat. In produce dept.

**19**  
BBQ Pot Roast  
Sandwiches (leftover)  
Celery Sticks  
Carrot and Raisin Salad  
Orange Sponge Pudding\*  
**\$1.18**  
Perfect meal  
when family  
eats in shifts.

**20**  
Salmon Potato Cakes\*  
Chili Sauce  
Frozen Green Peas  
Ice Cream  
**\$1.03** Red or sock-  
eye salmon is  
delicious served  
plain. In loaves or mixes,  
opt for cheaper pink.

**24**  
Greek Chicken with  
Zucchini\*  
Rice  
Salad with Chicory  
Bread Pudding  
**\$1.07**  
Refrigerate  
while tightly covered  
for day 28.

**25**  
Pork in Mustard Sauce\*  
Noodles  
Red Cabbage Slaw  
Fruit Cocktail  
**\$1.21** To store  
apples: Sprinkle  
fruit with water,  
refrigerate in plastic bag.

**26**  
Frozen Fish Sticks  
Corn Pudding\*  
Cucumber Vinaigrette  
Marble Pound Cake  
**\$0.97** Good bargain  
news on fish  
sticks: Inventories are  
high, prices low.

**27**  
Pasta Fagioli\*  
Crusty Italian Bread  
Green Salad  
Pears  
**\$1.00**  
Pasta and beans:  
A traditional  
combination of  
complete protein.

**31**  
New Orleans Turkey  
Creole\*  
Southern Corn Bread  
Celery Sticks  
Ice Cream  
**\$0.92** Turkey parts are  
time- and money-  
savers. Use poaching  
stock for soups.

Assert yourself if you can't locate an advertised "special"; it may be temporarily relocated. If the item is already sold out, always ask the store manager to give you a "rain check" good for a later date.



Thursday	Friday	Saturday
<b>Recipes for 11 starred items begin on page 120.</b>	<b>1</b> NEW YEAR'S DAY Roast Fresh Ham* Black-Eyed Peas (see day 30) Kale or Spinach Pear Upside Down Cake*  This roast's high cost will pay off over 3 more meals. <b>\$.97</b>	<b>2</b> Twice Baked Tuna Spuds* Chopped Broccoli Lemon Sherbet  <b>\$.69</b> Save money by using low-cost tuna; light instead of white, flaked not chunk.
<b>6</b> Fe Chicken Soup* d Cheese Sandwiches y Sticks d Stewed Prunes  Chicken wing "family packs" can save up to 10¢ per lb.	<b>8</b> Turkey Parmigiana* with Homemade Tomato Sauce* and Spaghetti Escarole/Carrot Salad Grapes  Ground turkey can substitute for veal or chicken cutlets. <b>\$1.05</b>	<b>9</b> Lamb Curry with Raita* Rice Green Salad Bananas  Least costly lamb cuts: neck, shoulder, riblets. <b>\$.98</b>
<b>14</b> dles Romanoff* Fried Zucchini ut Butter Cookies  Dry-curd or low-fat cottage cheese is a healthy meat replacement.	<b>15</b> Steamed Franks in Buns Baked Beans in Tomato Sauce Celery Sticks Mustard Butternut Apple Crisp*  Better bargain, fewer calories? Try chicken or turkey franks. <b>\$.81</b>	<b>16</b> Red Flannel Hash* Poached Eggs Green Salad  Apple Crisp/ Yogurt Parfait <b>\$1.14</b>  Layer plain yogurt from day 15 with last night's crisp—a new, delicious dessert.
<b>21</b> ese Spaghetti* coli Spears darin Oranges & iced Bananas  ut butter s tein boost to erts, casseroles, spaghetti. <b>\$.89</b>	<b>22</b> Bacon Cheese Fritters* Sour Cream Steamed Red Cabbage Sliced Peaches  For serious budgeters: Cut-up or diced canned peaches are cheaper than halves. <b>\$1.10</b>	<b>23</b> Susan's Kielbasa* Boiled Potatoes Rye Bread Lemon Sherbet  Cabbage head too big? Wrap leftover, store in fridge 3 to 4 weeks. <b>\$.93</b>
<b>28</b> ed Sausages ed Eggplant Soufflé* ot Sticks chio Pudding  A good way to use at milk: in puddings, ier shakes.	<b>29</b> Cheddar Tamale Pie* Cottage Cheese & Chive-stuffed Celery Sticks Grapefruit & Orange Sections  Since less costly ground beef has more fat content, don't add oil for browning. <b>\$1.01</b>	<b>30</b> Salisbury Steaks Steamed Spinach Black-Eyed Pea Salad* Cherry Gelatin  <b>\$.93</b> Lightly steamed veggies keep most natural nutrients.

Be creative with leftovers: Freeze stale bread for toppings, puddings or stuffing. Save vegetable trimmings (outer leaves of lettuce, cabbage), toss into soups for flavor, nutrition. Don't pitch meat bones—simmer for stock.

Weekend volume is holding steady at about 27%, especially with working women and men. Despite the fact that more and more women are holding down full-time jobs, the supermarket detail still remains "a female chore," reports *Progressive Grocer* (April 1981) "with 95% of wives making the major weekly trip to the supermarket."

No matter what time you find best to do your shopping, remember that many of the cliché warnings bear repeating. To hold on to more of your hard-earned money, try not to shop . . . when you're hungry (frozen cakes, bags of chips will seem attractive) . . . with little kids (grabby hands) . . . or with your husband (unless he's consumer-aware and not on a spree). Beware of being overly tired, too. Supermarket managers are smart business people and have their ploys. End-of-aisle items are not necessarily on sale. Staples such as sugar, salt and flour are positioned on bottom shelves (you need them, you bend) while gourmet treats beckon at eye level.

Clearly, an alert, informed consumer can stay in control, to some extent, of a food budget. Although some increased food prices are unforeseen (due to a sudden frost, fruit-fly infestation or poor crop, such as peanuts in 1980), many can be predicted with accuracy.

The USDA's Economics and Statistics Service forecasts some good news for the coming year: Retail food prices are expected to rise 5 to 9% compared to last year's 10 to 15% increase. In the immediate months ahead, more beef will be available at a cost rise of only about 2%. Turkey should be plentiful and poultry will rise less than 1%. Pork production, however, will be lower, resulting in a possible jump of 4% over the last few months. Dairy products are expected to go up less than 1%; the cost of eggs will remain level at 0%. Fresh vegetables will be seasonally higher at a 3.6% increase over the past four months while fresh fruits will go up less than 1%.

Since meat and poultry purchases account for about 25% of the typical household's food budget, this category should get the most attention. Learn to judge by cost per serving instead of cost per pound. For example, a relatively high-priced

(continued)



## BUDGET MENUS

continued

meat cut with little or no waste, such as a boneless roast, may in fact be more economical than one with an excess of fat, bone or gristle. Before buying, check for freshness: Chicken can be white or yellow in color, but skin should be clear, firm, the smell fresh; beef should be bright red; veal, a pinkish cast. Avoid any meat that's swimming in its own liquid; generally means a loss of flavor. Consider the amount of freezer space you have at home. Anyone willing and able to buy, cut, wrap and freeze large amounts of beef, pork and lamb can expect to save between 20 and 40 cents per pound.

Savvy shoppers are also tuned into the small but growing segment of the supermarket being devoted to "no-frills" packaged foods (2.7% of shelf space in 1980). These generic brands can save up to 40% over national brands, up to 20% over store brands or private labels, figures the USDA's Cooperative Extension of Cornell University, New York. Generics are equal in wholesomeness and nutritive value to other products, but the disadvantage is that their quality, as measured by government standards, is often lower (considering color, uniform size, broken pieces and sediment).

Unit pricing is still another step forward in helping the shopper make a wise selection. At one glance, you can tell the actual price of a product in per-unit terms (by pound or pint) without being a mathematical genius. The objective of unit pricing is straightforward: to let you compare package prices quickly and easily. The system is thwarted at times by piled-up boxes or sale signs that obscure the information, or by outdated prices or even misplaced products that make unit-price markers meaningless. Other practical problems with unit-pricing include how to take price reductions into account, such as short-term sales or "cents-off" coupons. Answer is to figure it out in your head, or for more efficiency, to tote a pocket calculator. It may prove thriftier to purchase two smaller sizes with corresponding coupons than one larger size.

### Your Eating Habits

Do you fear that cutting back on food spending means that you'll be feeding your family less nutritiously? Quite the contrary. What is essential is to understand the new ideas about moderation and variety in our diet.

The hardest concept for Americans to swallow is the realization that we eat twice as much protein as we need and not nearly enough complex carbohydrates such as whole-grain breads, cereals, pasta, potatoes and vegeta-

bles. We do this partly because of the misconception that protein is slimming while starchy carbohydrates are fattening. Truth is, ounce for ounce, carbohydrates have the same number of calories as protein (4 calories per gram) and have fewer calories than fat (9 calories per gram).

Because of their high water content and fiber, vegetables and grains can satisfy the appetite better than foods with more concentrated calories—a good reason to consider a spaghetti dinner instead of a T-bone steak.

For health and budget, too, it's smart to replace the heavy reliance on meat proteins with vegetable protein, such as dried beans, grains, nuts and seeds. Many people wonder if meatless meals are nutritious enough because vegetable proteins are incomplete and need to be properly balanced to become the essential "building blocks of life." There are two easy ways to make sure you're getting enough protein:

1. By cutting way down on the amounts of meat, chicken, fish and eggs you serve but still including some. Think of a typical Chinese menu with plenty of rice, vegetables and only small bits of meat. This is how most of the world gets its needed protein.

2. By combining two or more complementary proteins in one meal to make the protein complete, such as a casserole of lentils and rice or corn and kidney beans, or peanut butter on whole-wheat bread. Remember that as you get older, your protein requirements decrease; young children need three times as much as adults.

### A Look at Lifestyles

Old habits are hard to break. The best way to make real changes is one step at a time. Joan Gussow, head of Nutrition Education at Teacher's College, Columbia University, believes that "our notion of a meal is left over from a time past. It grew out of a farm tradition in a rural situation." But the physical need for eating a hearty, calorie-laden meal after long hours of manual labor no longer exists for most people today.

Think clearly about the way your family lives and eats. How many meals a day do you have at home? With a meat-and-potatoes meal at school or work, you might opt for a lighter supper of soup, sandwich and salad a couple of times a week. Often kids are too tired or too busy to eat a huge meal in the evening. Plus, an easy-to-hold, fix-it-yourself kind of dinner makes sense when everyone is going off on a different schedule. If breakfasts are hit-or-miss at your house, try occasionally serving a familiar breakfast-style meal of pancakes and sausages or a cheese omelet in the evening.

Bring your clan in on the discussion of likes and dislikes. It's more than possible that your children don't want or need the wide variety of choices you imagine they do. Everyone may be perfectly content with the same brand of cereal each morning, for instance, until the box is empty (a money-saver!). Teach your children the basics of sound nutrition by explaining about the high cost and low value in "junk foods" instead of just saying "No!"

### How Snacks Pay Off

Snacking, a much maligned habit, can be turned into a sensible answer for bolstering your children's balanced diet. Kids may even prefer six or so mini-meals rather than three formal ones. Make the snacks ahead and keep them handy, such as small pizzas loaded with cheese, vegetables; plain yogurt laden with cut-up fruit, raisins; blender banana smoothies; vegetable soup; popcorn.

All in all, getting good food with good value (balancing both budget and nutritional goals) from market to kitchen to table takes a keen interest and an ever-watchful eye. Kristen McNutt, Assistant Professor of Nutrition at the University of Illinois Medical Center, thinks that this is the bright side of today's economic picture: "Having the pressure of inflation will make people think more about food, and that's the silver lining of what we're going through today."

According to Betty Peterkin of the USDA, the latest (September 1981) estimated figure to feed a family of four on a moderate-cost food plan is \$91.20 a week. By following our tips, you should be able to do better . . . making everyone happy and healthy with money to spare. **End**

## THE CAT AND THE GOLDFISH (For Perelandra)

By Gail White

*Everyone needs a goal.  
Hers is the glassy tank,  
shining and inaccessible,  
such a few feet away.  
Within, the moving jewels,  
bright scales and transparent fins,  
glisten just out of reach.*

*Her hours are spent  
in silent meditation,  
her mind a maze of plans  
for the master game.  
The walls of her brain  
are lined with golden trophies.*

*Even a cat  
may dream the impossible dream.*





**Oh the happy nutty things you can do  
with Diamond Walnuts.**

**There's a sweet way to say Happy Birthday.**

#### **Walnut Carrot Cake**

2 cups Diamond Walnuts  
2 cups sifted all-purpose flour  
1 tsp. baking powder  
1/2 tsp. salt  
1 cup brown sugar, packed  
3 large eggs  
1 cup oil  
1 1/2 tsp. cinnamon  
1 tsp. nutmeg  
1/4 tsp. cloves  
3 Tbsp. milk  
3 cups grated carrots

Preheat oven to 350° F. Grease 3 (9-in.) layer cake pans well. Sprinkle each with about 2 1/2 Tbsp. walnuts to coat. Chop remaining walnuts a little more coarsely; set aside. Resift flour with baking powder and salt. Combine sugar, eggs, oil and spices. Beat at high speed until light and well mixed. Add half of flour mixture; stir until well blended. Add milk, then remaining flour. Stir in carrots and chopped walnuts. Divide batter evenly in pans. Bake at 350° F. 15 min. until cakes test done. Let stand in pans on wire racks 5 min. Turn cakes out onto racks to cool. When cold, frost with a layer cream frosting. Decorate with walnut halves. Makes 1 large cake, 12 servings.



**Oh the lovely nutty things  
you can do with Diamond Walnuts.**



*It's new. It's beige.*

# More Lights 100s





Warning: The Surgeon General Has Determined  
That Cigarette Smoking Is Dangerous to Your Health.

8 mg. "tar", 0.7 mg. nicotine  
av. per cigarette by FTC method

*It's more you.*





# Look what you can do for Valentine's Day!

## BUTTON & GLUE PAINT BOX

Cut and glue strips of gingham onto sides of box. Glue lace on top and around base. Glue ribbon on around lid and tie bow. Top is pearly buttons imbedded in the wet glue paint (made with food coloring added to Elmer's® Glue-All).

**CAT VALENTINE** Base is cardboard covered with paper, fabric, or foil. Cat is cut from colored paper. Frame is lace doiley. Ears are made from pipe cleaners. Whiskers are pieces of felt. Glue a ribbon to the bottom with Elmer's Glue-All.

Say "I love you" with your heart and hands.

You can do it. All it takes are a few odds and ends and some Elmer's, America's "Can-Do" Glue.

For a booklet full of ideas, send a stamped, self-addressed, business-size envelope to "Can-Do Love Ideas" Elmer's, P.O. Box 157, Hilliard, Ohio 43026.

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## SHOPLIFTING continued from page 89

and most steal for thrills or for attention, not out of financial need. At the time she took the compact, the woman had with her a checkbook, eight credit cards and \$80 in cash.

Often called "the housewife's crime," shoplifting is reaching epidemic proportions. According to experts, an estimated 140 million instances of pilfering in stores occur each year, but only about four million of the offenders are caught. The FBI reports that shoplifting, which is rising at an annual rate of 20 percent, is the fastest-growing form of larceny in the United States.

Not only are people stealing more, they're going after higher-priced items. "A few years ago, it was just a dollar tube of lipstick or a handful of candy," says a spokesman for the National Retail Merchants Association. "Now it's a big, sordid business." The average shoplifter today takes an estimated \$25 to \$50 worth of merchandise at a time.

A few random examples from around the country:

- In Detroit, security officers grew suspicious of the way a young woman "waddled" out of a department store. They caught her at her car as she retrieved a portable typewriter from between her legs.

- At the meat counter of an Atlanta supermarket, a young woman was observed through a two-way mirror as she fingered through the porterhouse steaks. She tossed one package into a shopping cart and stuffed two others inside her loose-fitting jacket. An assistant manager was waiting for her when she left the store.

- In a posh Manhattan clothing store, a smartly dressed woman picked up an expensive felt hat. She deftly yanked off the sales tag, put on the hat and walked out of the store, where she was apprehended. Security personnel had been watching her on closed-circuit television.

The consequences of such acts are far-reaching. Conservative estimates put retail losses from store thefts at \$2 billion to \$5 billion annually, while some experts believe the losses are far higher. Whatever the actual figure, the consumer helps defray the cost. In effect, "Every household in America gets a bill of two hundred dollars a year for shoplifting in the form of higher prices in the store," said Dan Robertson, chairman of the department of marketing at Texas A&M, in a speech before the first Shoplifting Prevention Conference in Atlanta in 1980.

What accounts for this upsurge in shoplifting? Why do relatively well-off women steal? Experts believe that most female shoplifters carry the

habit over from their teen-age days. They stole as a lark or as a form of adolescent rebellion. "As a kid, I think I stole to see if I could get away with it," says a 40-year-old mother of three in Washington, D.C. "There was excitement in that, especially when two or three of my friends came along. When we got older and went our separate ways, I continued shoplifting for the thrill, and because it was so easy."

For some women, shoplifting provides an emotional outlet, an escape from monotony, depression or even neglect. Traditionally, a bored or angry man has gone to a bar or turned to his work, whereas a woman has been more apt to go shopping for something to make herself "feel better." And once she is in the vast shopping mall or huge city department store surrounded by seductive displays of jewelry, designer clothes and cosmetics, the temptation to help herself to whatever she craves can become overpowering. "The shoplifter is in essence saying, 'I have been treated so harshly that I deserve the things I take,'" says New York psychologist Donald Kaplan. In their report in an industry magazine, "Shoplifting: Deviant Consumer Behavior," Drs. Michael Geurts and Everette Johnston of the University of Hawaii say that shoplifters often have problems such as obesity or an unhappy social life and that stealing provides a unique gratification for them.

### Associated with sexual desires

In some cases, shoplifting appears to be associated with unsatisfied sexual desires. "Often women tend to steal frivolous luxury items, the sort of thing they might receive from a lover," says Dr. Abe Fenster, chairman of the psychology department at New York's John Jay College of Criminal Justice. They may even experience some physical satisfaction from the act itself. "The experience was almost orgasmic for me," explains one reformed Chicago shoplifter. "There was a build-up of tension as I contemplated the danger of a forbidden act, then a rush of excitement at the moment of committing the crime, and finally a delicious sense of release."

Other women steal as a way of striking back at the system. They consider large stores cold and impersonal and prices too high. "As grocery prices escalated, I got madder and madder, so for almost two years, I retaliated by pocketing a pack of gum here, a roll of mints there," says one middle-class housewife from a Midwestern city. "I wouldn't dream of stealing from a friend, but I felt that grocery stores were making money hand over fist and wouldn't miss a few items." In one study, women spoke of "taking" things



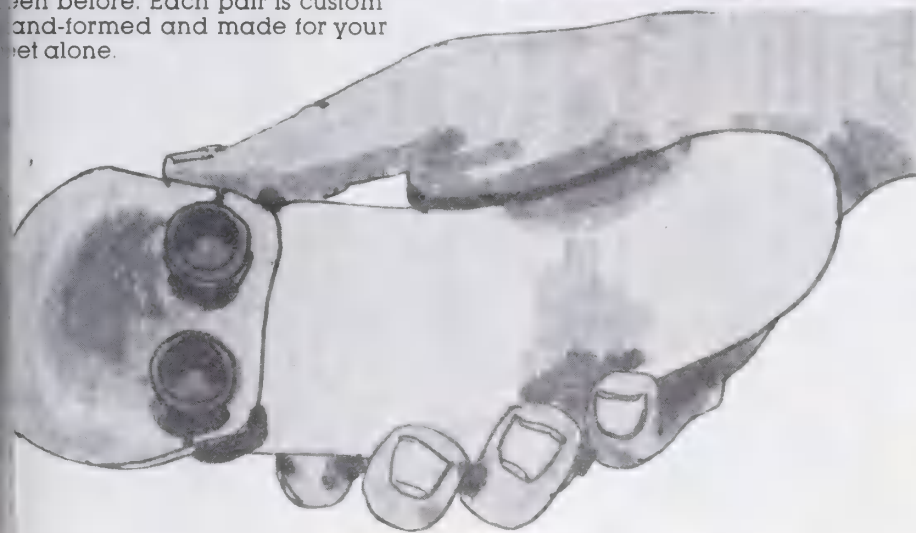
# End the Pain and Misery of Tired Aching Feet

No matter how long you've suffered—be it three months, or 30 years. No matter what your problems are—corns, calluses, pain in the balls of your feet, burning nerve endings, painful ankles, old injuries, backaches, or just plain sore aching feet.

**Just slip a pair of Feathersprings® into your shoes and your pain will vanish almost instantly. You'll be able to stand, walk, dance, even run in miraculous total comfort!**

## What are Feathersprings?

Well, they're a revolutionary foot support unlike anything you've ever seen before. Each pair is custom hand-formed and made for your foot alone.

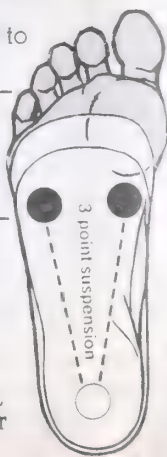


## How do Feathersprings work?

Unlike conventional, mass-produced devices, they actually imitate the beautiful, elastic support nature intends your feet to have.

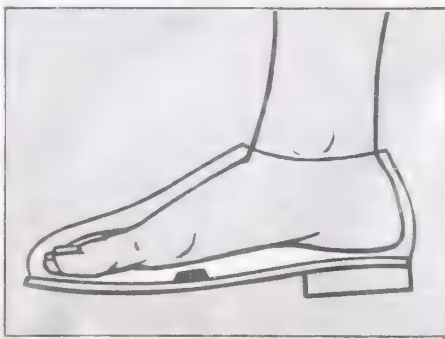
## What do Feathersprings look like?

They're all but invisible. Men and women can even wear them with open-backed sandals. And because you can change them from one pair of shoes to another, the pair is all you'll ever need.



## How many people have Feathersprings actually helped?

As of today, over 2,250,000 people of all ages with all types of foot, leg and back problems, are enjoying blessed relief they never thought possible.



## How do I know Feathersprings will help me?

We are so certain that Featherspring Foot Supports will bring you relief with every step you take, that if they don't work for you... **we'll refund your money in full with no questions asked.**

Don't needlessly suffer pain and discomfort for another day. If your feet are killing you, Feathersprings will bring you relief. Write us for more detailed information. There is no obligation. No salesman will call. Just fill out and mail this coupon.

Remember, you have nothing to lose but your pain.

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*"Received my wife's Feathersprings two days ago. They are super—neither of us can believe the results. She has had terrible feet for years; already no pain. Incidentally, her sore knee is better... As a retired physician, this result is amazing."*

Dr. C.O.C. Tucson, Arizona

*"For the first time in 30 years I have found relief from a burning feeling in the balls of my feet. Thanks to Feathersprings I don't awaken in the morning with that burning feeling. Please feel free to use this note."*

J.D., Pennsylvania

*"I never want to be without them. I am a university professor and have to walk across campus and up and down stairs several times a day. My feet are never unbearably tired, most calluses are gone, bunions are not sore, and I can even wear dress shoes! I admit I was most skeptical about ordering these, because I seldom buy by mail."*

M.C.O. Oklahoma

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**YES!** Tell me more about Featherspring Foot Supports. Please send me your **FREE** information kit. I understand there is no obligation and no salesman will call.

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# Which side has the BinB mushrooms?

Hard to tell the difference. But the difference is that BinB mushrooms are already washed, sliced and broiled in real butter for that rich delicious taste. Already packed in their own butter broth, so they're ready at a moment's notice. (The left side has fresh mushrooms. The right side, BinB.)



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## BinB. Better than fresh mushrooms for cooking.

## 75 Years Ago in the Journal

**Celebrate the New Year with the Journal's historic firsts, as they appeared in the January issue of 1907.**

**A Worthwhile Cause.** The Journal was the **first** publication to demand a pure food law that would make the labeling of ingredients in commercial foods mandatory. In 1907, it commended North Dakota for being the first state to pass such a law. As you will see, the rest is history, and we are reaping the benefits to this day.

North Dakota took up the work and found chocolate made of cornstarch; olive oil to be largely cottonseed oil; and said to the concerns who manufactured these humbugs: Here, either be honest or keep your foods out of this state. And now every analysis of food is published, and every housekeeper knows what to buy: what article is pure, and what article is not.

**Trimming the Fat.** Even in 1907, the Journal recognized the importance of physical fitness for women and is credited with being the **first** magazine ever to encourage exercise. Herewith, an

amusing shape-up tip from the health column, "Pretty Girl Questions":

Mountain-climbing or hill-climbing will reduce the superfluous fat which so annoys you. Girls who do not live in hilly country can get the same effect by walking up an inclined board.

**Child Care.** Seventy-five years ago, the Journal published an article titled "Unnecessary Blindness," instructing mothers on how to prevent loss of vision in children. The piece was by Helen Keller; the Journal was the **first** to print her writings.

We live in an epoch of reform. I read that men and women are valiantly contending against the greed and neglect that condemns thousands of children to labor; I hear that we are striving to protect ourselves against impure foods and "patent medicines." But of all ignorance which needs to be dispelled, none is more intolerable than that which wantonly permits children to be plunged into the abyss of blindness.

**Write to the Source.** As far back as 1907, readers were writing to the Journal for advice. Here's an example from the column "What Would You Do?" by Alice Preston. Oh, and yes, the Journal was the **first** to introduce readers' letters as a regular feature.

"Dear Alice Preston,

Will you help me, and will you tell me what is right? I am so bewildered, so wretched. I love a man—and have almost unconsciously won his love—who is engaged to another woman. What am I to do?"

I think the answer is simple—truth, and nothing else. The only thing for you to do is to assume that the other woman is fine enough not only to bear to know the truth but to prefer to know it.

**The Poinsettia Problem.** Some things never change; in 1907, as now, the poinsettia was the traditional Christmas plant. But what to do with them after the holidays? The Journal was the **first** to start a garden department, and in January it devoted a section to poinsettia care.

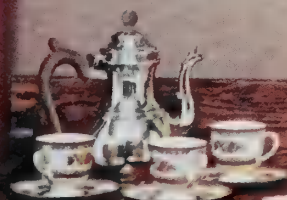
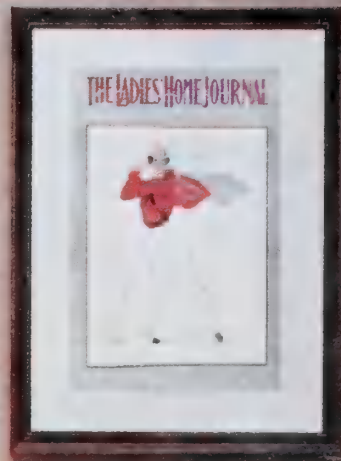
Keep soil more dry than wet. As soon as the leaves and red "bracts" (petals) begin to fall, gradually withhold water until soil is dust dry. Then put plant in a cool (45°F.) place. Water it a little now and then, until May or June. At which time, shorten the stalk to within an inch above the soil. When new growth begins, remove plant from pot and repot in one that's an inch or so larger. Give the plant a good soaking and then put it, pot and all, in the garden.

—SASHA ANAWALT



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By HENRY HUTT, **Lawn Tennis**, June 1907. Today there are few grass courts and altogether different outfits. A backward glance to the pleasure of amateur sport that is most appealing.

By HARRISON FISHER, **Motorists**, August 1914. Romantic dusters and veils have given way to liberated attire, but the lure of the road exerts its old magic.

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# The Seventh Child

continued from page 86

had to sneak out of the office to come here. Foster has no talent, no guts. He feeds off my work like a jackal. I'm in a dead-end job. I thought something was going to develop from that lead at NBC, but nothing happened."

"It's not you," Jeff said. "Things are bad there. They're just not hiring."

"Maybe I'm a born loser."

"Hal, you're a winner! You've just had a bad break, is all. I'd give my right arm to have a wife like Judy. A kid like Annie. The talent you two have! You're only one decent job away from happiness."

"If it were only that simple."

"In a few months I'll have the chief operating officer's job in my shop. That means a job for you. You know what we pay. And you'll love the business."

When Hal got back to his office, Candi Crockett said that Foster was looking for him. "And some man called three times. Randall Steloff, Executives Unlimited. Said he has to speak to you today."

"Executives Unlimited? Never heard of it. Okay, try him for me."

He leafed through other messages as Candi dialed the number. "Mr. Steloff on two," she said.

Warily, Hal picked up the phone. "Hello, this is Hal Richardson."

"Hi, Hal! We've never met, but I feel that I know you real well."

Hal hated strangers using his first name. "I'm a little busy, Mister . . ."

"Steloff, Randall Steloff. You have the resume of a very busy man."

"Resume? What do you mean?"

"Didn't your secretary tell you? I'm with Executives Unlimited, one of the largest companies recruiting executive manpower in the United States and western Europe."

"You're a headhunter?"

"I truly dislike that term, Hal. It makes us seem almost, uh, cannibalistic. And I have something very exciting to offer you. Why don't we meet for a drink today? Say, five-thirty at the Bel-Aire Hotel? Look for me in the bar. I'm fairly tall, with curly hair, and I'm wearing a khaki green suit. *Ciao*."

**J**udy suddenly realized that she had been reading and re-reading the recipe without comprehending a word. "Damn it, Hal," she muttered, "where are you?" and turned to make sure that neither Annie nor Mimi were there to hear. But Annie was upstairs having her bath. And Mimi, who had been the Richardsons' housekeeper since arriving from Haiti seven years ago, knew

that Judy was worried. Hal was very late. She had called his office, and was told he had left early. It was now 9:20.

And someone was kicking the kitchen door. Judy opened it, and saw a huge box.

"Guide me to the table," Hal's strangled voice came from behind the box.

"Hal, are you all right? I've been worried—"

The table creaked as Hal set the box down.

"What is this? Hal—"

"Wait a minute." He returned with a smaller box. "Just one more trip. Back in a sec."

And then he was back with two more boxes and a bottle of champagne. He slipped an arm around Judy's waist and kissed her ear.

"Hal, what's this all about?"

"Read the stencil on the big box. 'Pompeii Super-Matic Espresso.'"

"Hal, you're crazy. This machine has got to cost a fortune."

"With tax, it's eleven hundred."

"We can't afford this."

"You're right, Jude. Mr. Harold Richardson, Associate Manager for Marketing at C.T.R. Industries, at thirty-five thousand a year, could never afford to indulge his wife's passion for strong coffee. But old Hal Richardson, the new Executive Veep and Director of Marketing for Hilliard and Company, at Ripton Falls, Massachusetts, makes seventy thousand dollars a year."

## They had two acres of land . . . and not a neighbor in sight.

He grabbed Judy and kissed her.

"Hal, what happened?"

"Just like I said. I'm moving to Hilliard and Company. The Rolls-Royce of the camping and outdoor equipment business. *Voilà!* Your espresso machine, plus a dollhouse for Annie, plus two designer scarves for Mimi."

"Don't you have to be interviewed by the people who run the business?"

"This is different. The Hilliard family is putting together a new executive team, and they've been checking me out. They even know how Foster's been taking credit for my stuff. The headhunter showed me pictures of the town—Ripton Falls, Massachusetts. Looks like a Norman Rockwell painting, and it's less than twenty miles from Smith and three other schools

with big art departments. The headhunter even mentioned the award you won for that painting you showed in Soho six years ago."

"They knew about the prize? Oh, Hal!"

"Believe it. We're going back East. Snow. Real Christmas trees. Changes of season."

"Mimi's going to flip. She'll be near her aunt and cousins in New York."

"Good-bye to the land of the laid-back! Eastward, ho!" Hal grinned. "Judy, I do love you," he said.

**L**eaning closer to the mirror to get a better angle on her eyes, Judy heard the shower roaring, but Hal was fast, so she'd better hustle. They were due at the Hilliards' at six o'clock for their first social outing in Ripton Falls: dinner for all the new families that had joined the company. May in Massachusetts! They had been here only five days. Half of their worldly goods were still in cartons, but this house on Quarry Road already felt like a home.

It had been a pleasure for Hal to quit his job in L.A., but Judy found it harder to cut loose. She had been teaching painting two days a week at a community college and had qualms about leaving her students. But these hesitations were blasted away by the Ripton Falls real estate man.

In Ripton Falls, population 1,271, it was still possible to buy a terrific house for under \$100,000. They settled on a Cape, 175 years old—wide floorboards, paneled walls, hand-hewn beams. There was an airy dressing room, where Judy now stood, sunny bedrooms for Annie and Mimi, and an up-to-date kitchen wing. They had two acres of cleared land, a small stream, an overgrown apple orchard and not a neighbor within sight.

Hal stepped into the dressing room looking handsome in a green tweed jacket that was just right with his fire-red hair. Judy wore mauve pants with a lighter-toned sweater—short sleeves, alas; everything she owned was summery. She might feel chilly, but she knew that she looked well.

The drive to Ripton Falls took only five minutes. Coming up on their right was the turnoff for the business district, Hilliard and Company headquarters and a small arcade of shops and offices. Straight ahead was the soul of the town, the Village Green.

The Green was long and narrow, with ancient maples at one end and a pond at the other. Lining one long side



# The Seventh Child

were half a dozen handsome white colonial houses. All were freshly painted and impeccably landscaped. The last and largest, at the far corner, belonged to the Hilliards. On the other side, next to a pair of shingled salt-boxes, were a general store and post office, and a colonnaded town hall. It was picture-postcard pretty—except for the Congregational church.

"I'll stop by later this week," Judy said, "to see about Sunday school for Annie."

"Are you sure there's a minister?" Hal asked. "The place looks seedy."

The church was a New England classic, all white with a tall, graceful spire and green shutters. But the paint was peeling, the doorsill was rotted and one window had been patched with cardboard.

"I don't understand why it's such a mess," Judy said.

"It's not your worry, Jude. What's important is meeting the people I work with. So up and at it, baby."

**T**he front door opened, and there stood a tall, striking-looking woman with hair falling below her shoulders. She assessed them for half a beat, then shaped her face into a welcoming smile.

This had to be Laurie Hilliard. Hal had given Judy a rundown on the people she'd be meeting. When she heard that Laurie was old man Hilliard's granddaughter, in charge of the plant and its 500 workers, Judy had pictured her as plain, stolid, no-nonsense. But Laurie was very attractive, even to the mole, shaped like a seagull, above her left eyebrow.

"Everybody hates to be the first to arrive at a party," she said. "But you've been preceded. Let me take your coats."

They were in a large entrance hall dominated by a splendid sweep of staircase. Opposite it, seen through a wide doorway, was the living room, its high windows curtained in pale green silk. There was a handsome Queen Anne highboy between the windows, and above it was an oil portrait of some Hilliard ancestor.

"What a beautiful place," said Judy.

"Thank you," said Laurie. "I grew up here. So did my father and grandfather." She pointed to a decanter on a silver tray. "Sherry? Grandfather's a teetotaler, but we persuaded him to allow this. Come meet the others."

She herded them into the living room. A chunky young couple was standing there uncertainly. The

woman, who barely topped five feet, was saugased into a rose-colored knit pantsuit. Her husband had black hair and a short, burly build. They looked delighted to see the Richardsons.

"Hal and Aldo, you know each other, of course. Judy Richardson, Teresa Lucci," said Laurie. The doorbell rang, and she excused herself.

"It's 'Terry,' not Teresa. Except for my mom. Right, honey?"

"Yeah, and the last name is Lucci. Rhymes with Gucci."

"It's Italian," said Terry, beaming an adoring look at Aldo. Her teeth were like Chiclets, and when she smiled she got every part of her face into the act.

Hal raised his glass, and Aldo followed suit.

Laurie brought in two more guests. The man was powerfully built, with strong features, olive skin and dense black hair. He held his delicate blond wife by an elbow. This must be Emily and T.C. Gaines.

After the introductions, Hal announced to the group at large, "I still can't get over having the Chief here."

"What's the Chief?" asked Terry.

"Oh, no," Hal groaned. "You're as bad as Judy."

"I played college football for Montana," said T.C. helpfully. "The Chief is what they called me."

"This man is too modest," said Hal. "First, he was called 'The Chief' because he's a full-blooded Indian."

"That was sports hype," said T.C. "My mother is half Penobscot."

"And secondly," said Hal, "he was all-American for three years straight at the University of Montana. Then—what was it? A knee injury?"

"Right," said T.C. "One season with the Oilers. And finito."

Two more couples joined the group. Laurie quickly introduced them. Sy and Lisa Goldin. Sy was tall and slim, with pale curly hair. His wife wore glasses monogrammed with her initials. Peggy and Reid Prescott were older. Their hair was flecked with gray, and they had open, amiable expressions. Judy wondered how she could sort all the names and faces. Hal leaned over to her. "Sy's our treasurer. The money man, remember? He's thinking of writing a novel."

Judy whispered, "What does Aldo Lucci do? I've forgotten."

"Heads up plant security, maintenance, that sort of thing."

Laurie was greeting a tense, angular woman with pale blond hair. "Claire Simmons," Hal whispered. "The art director. Divorced."

She was apologizing for being late. "Erin just wouldn't let me go. I finally had to promise she could watch her favorite TV show, even though it's a school night."

"Here's Grandfather," Laurie announced.

**I**n sudden quiet, everyone turned to the staircase. There, leaning on the arm of his son Elliott, and slowly descending, was Cameron Hilliard.

Judy had been told he was 87. His face was pale and deeply lined. But he held himself erect, and his head, with thick white hair, was commanding.

"Ladies and gentlemen," he said, pausing in his descent, "please forgive me for being late to my own party, but this is my first day up. You may have heard that I broke my hip last month. My problem is not old age, but *breakage*." He barked a short laugh.

**The paint was peeling, the doorsill was rotted and one window was covered with a piece of cardboard.**

When it was Judy's turn to be introduced, she felt the full force of his strong personality. Clearly, his son Elliott lacked this gift, and just as clearly Laurie had it. As if to confirm the link, Judy saw that Cameron Hilliard had on his right temple a gull-shaped mole very like the one above Laurie's left eyebrow.

When Cameron had completed his rounds, he positioned himself in front of the fireplace. The room fell silent.

"Welcome, my new friends, to Rip-ton Falls," he said. "Laurie tells me that dinner is ready, but if you'll bear with me I want first to share a few thoughts with you. We are an old firm, founded in 1807. A dozen years later, in 1819, the first Hilliard took over. One hundred and sixty-two years ago. And during those years we have grown and prospered."

"Hilliard was not always in the camping supply business. At first we made canvas awnings. Now we offer a complete line of outdoor equipment from A to Z, arrows to zippered ponchos, and each item is the best of its kind. We could go on like this for years to come, but I feel the time is ripe to broaden our base." He broke off to take a sip of ice water.

"Here in this room are three generations of Hilliards; myself, my son



Elliott and my granddaughter Laurie. My grandson Howard has not yet graced us with his presence."

"He had that errand in Northampton," Laurie said.

"Ah, yes," Cameron continued. "Our family thrives. But to move forward in the way we envision, we realized that we need new talent. And we believe that with your help we will expand our business tenfold." Cameron raised his water glass. "Let us toast our future."

The front door opened quietly, and a tall, massively built man came in.

"Howard," Cameron said, "get yourself a libation and join us."

"Yes, Grandfather." All eyes followed Howard Hilliard as he crossed the room to take a glass of sherry from his sister Laurie. White cotton gloves covered his hands. He turned to Judy.

"Good to have you with us, Mrs. Richardson," he said.

"We're glad to be here, Mr. Hilliard." She tried, but her eyes would not hold on his.

"Yes, I know," he said. "These gloves. I have this nervous condition. It comes on suddenly. I get a rash on my hands. I guess the strain of helping plan the move for all of you caused the flare-up. But now it will go away."

**J**udy called out: "Annie! I don't want to hear another 'One more minute, Mom.' It's ten-thirty, and we're late for visiting the church. Now pick up that bedroom and come downstairs."

"Almost finished, Mom."

Judy ducked into the kitchen, where Mimi was peeling potatoes. The dog ying under the table thumped his tail on the floor. Percy was part Springer spaniel, part who knows what.

As soon as Judy opened the front door she relaxed. The day was gorgeous. An overnight rain had liberated apple blossoms from their buds, and lilac bushes were catching up. A car turned into the driveway. Terry Lucci got out, holding aloft a tall jar. "Marinated vegetables! For you. Addalami and mortadella, and you have a great antipasto."

"Terry, how nice of you!"

"My mother-in-law made them. She and Aldo's dad are here for a two-week visit. At least two weeks." She sighed. So you're invited to an old-fashioned Italian picnic at our place. Next Saturday. Just for us new people. The born-gain Yankees."

After Terry left, Annie appeared, radiating her favorite doll. "You woke up Darcy," she said, scowling. On the

drive to church her anger caused the red birthmark on her neck to turn darkly livid. At such moments Judy wished she didn't have to wait until Annie was ten for cosmetic surgery.

Judy's rapping on the parsonage door brought out a sandy-haired man in a rumpled work shirt and faded chinos. He needed a shave, and looked bone-tired.

"What can I do for you?" He managed a thin smile.

Judy introduced herself, and explained her errand.

"Sunday school!" He laughed harshly. "That's a story in itself. And don't call me Mister Peters. It's Brad. Is this your daughter?"

"Say hello to Mr. Peters, Annie."

But Annie was tongue-tied.

"Please come in and let me give you a cup of coffee," Peters said. He gestured at a messy kitchen. "I can't seem to hang onto a housekeeper. The last one stayed just a month."

They sat at the kitchen table. "To answer your question," Peters said, "there is no Sunday school. I tried to start one, but it's been a bust. There must be lots of Congregationalists around here, but last Sunday we had only twenty-three people."

"Oh, dear," said Judy. "Is there anything my husband and I can do?"

"I doubt it. I may quit. But come to services this Sunday. With Annie you'll boost my score to twenty-five."

**A**s soon as the Richardsons got out of their car, Aldo handed them tumblers of dark red wine. "Lucci '80," he said. "Ben-sonhurst's finest vintage."

Annie disappeared around the back of the house with Gwen Prescott and one of the Lucci twins. Tracy Goldin, just five, tagged after them. The driveway was filled, and cars were pulled up in front of the house. The Luccis had bought a rambling Victorian a couple of miles out of town. Aldo had already re-seeded the lawn and put a coat of white primer on the fretwork.

Behind the house the men surrounded Aldo's father, who was explaining bocce, the Italian version of lawn bowling. The women gathered around a trestle table where Terry and Mama Lucci were arranging platters of seafood, salad, roast peppers and anchovies, and a confection of sliced mushrooms with strips of cheese.

"Most of the kids are at the pond," said Aldo. "Just beyond the trees. Carmine's crazy about catching frogs."

Rick, one of the Lucci twins, was

playing a game of Frisbee with Seth Goldin, an older boy with a long, thin face. All the other children were at the pond, egging on Carmine Lucci, who was knee-deep in the water.

"Carmine, get out of there!" Aldo yelled.

A frog slithered away. "Oh, gross," squealed Erin Simmons. Gwen Prescott doubled over with laughter, her densely freckled face tomato-red. T.C. Junior was focusing an instant camera on Carmine.

"Out!" Aldo shouted. "Go put some dry pants on."

The dripping boy waded out.

"The rest of you come here," Aldo said. "I want a picture of you all together. And it's almost time to eat."

"Not me and Seth," said Rick Lucci, winging the Frisbee.

"Yeah, you and Seth, too," said Aldo. "Everybody." He lined up the children according to height. First came little Tracy Goldin, her puckish face enveloped in a grin. Next to her was Rick Lucci. On his other side were Annie and Erin, whispering and giggling, and then Gwen, eyeing them jealously. Seth Goldin stood beside T.C. Junior, looking resentful. He was almost 13 and trying to seem above it all.

"Now, smile, everybody," said Aldo. "Wait!" He lowered the camera. "Damn it, Carmine, where are you?"

The guilty boy shot out of the house and squeezed in next to his twin.

Satisfied, Aldo took a picture. Fuzzy, no good. His second shot was too dark. Risking anarchy, he ordered the kids to hold still for one more shot, and this one was just right. To Hal's surprise, Aldo gave him the good print.

**L**unch was a wonder. Course succeeded course, the women hustling back and forth between outdoor tables and the kitchen, bringing out new dishes. The main course was baby spring lamb, grilled on an open spit by Aldo. It followed straw-thin pasta, served with two different sauces, which in turn had followed platters of antipasto; and it was accompanied by heaping dishes of sautéed broccoli and escarole. By the time they had finished, the heat of mid-afternoon had slowed down the adults.

"Okay, kids," Terry said, "you're excused until dessert." The children ran back to the pond. Aldo led the men to the dirt alley behind the house where he had set up for bocce. But they had hardly got started when Terry called everybody back for ice cream.



# The Seventh Child

Lisa Goldin asked her son Seth where his sister Tracy was.

"She's coming, I guess," the boy said, heaping his dish with ice cream.

"Put that spoon down."

The boy glanced up at his mother.

"You know you're not supposed to leave your little sister alone. Ever. What's wrong with you?" She turned to her husband. "Sy, go down to the pond and get her, will you?"

"I'll go with you, Sy," said Hal. "I need to stretch my legs."

Hal was the first to see Tracy. She was lying in the water, part way under the dock, her face pillowed against a submerged rock. He sprinted down the hill. Sy was running and shouting his daughter's name.

Hal got to Tracy first and lifted her out. Her head fell against his arm, and a thread of water slid from her open mouth. Quickly, he laid her on the grass and began artificial respiration.

Sy pushed him away. Seconds later he looked up in panic. "Can you feel her pulse?"

Hal grabbed Tracy's wrist. All at once he knew that they'd have to get her to a hospital. Fast. Sy was working over his daughter like a manic wind-up toy.

"Sy!" Hal shook his friend's shoulder. "Listen! We're wasting time. The hospital. In Northampton. Now! You carry her, I'll go ahead. Okay?"

Hal ran toward the house. While Judy phoned the hospital, the Goldins wrapped Tracy in a blanket, stretched her out on the back seat of Aldo's car, and were off. Hal, Reid Prescott and T.C. Gaines followed in T.C.'s car. The women stayed behind. Annie and Erin were crying.

At the entrance to the emergency room a doctor and two nurses were waiting. They whisked Tracy from Sy's arms and put her on a gurney. One nurse took her pulse, the doctor clapped an oxygen mask over her face, the second nurse rolled the gurney through swinging doors . . . Hal was murmuring, "Please God, please God." For the first time since he had lost his faith as a 16-year-old, he was praying.

A nurse directed them to a waiting room. Sy and Lisa stood in a corner, their arms around each other in a cocoon of anguish. Hal stepped into the corridor, and looked at his watch. Five minutes. The doctor was approaching, rolling down the sleeves of his jacket . . . and smiling.

Hal shouted, "Sy! Lisa!"

They ran into the hall and saw the doctor's smile . . .

"You can see your child now," he said. "She's going to be fine."

As the Goldins rushed away, the doctor lingered with Hal and the others.

"Can they bring her home today?" Hal asked.

"No, she should spend the night here," the doctor said. "She swallowed a lot of water. But that's the least of it." His voice dropped. "It's the damndest thing. When you brought that kid in she had no pulse. I thought we had lost her. I think we did lose her. She was dead, I could swear it, but we brought her back. I've been at this a long time, but I think I've just witnessed my first miracle."

The next news about Tracy came to Judy on a Monday morning. She had just received an offer from Smith College to teach a painting course twice weekly in their summer school. To celebrate, she had spent most of the afternoon sketching on the Green. Home again, she was studying her work when Claire Simmons drove in.

Judy poured iced tea, while Claire reported on a chance encounter with Lisa Goldin in the supermarket. "She told me that Tracy was already back in school," Claire said.

"Gee, that's terrific."

"Isn't it amazing? Apparently she's fine—eating more than she used to, quieter than usual, not fussing about going to bed. Funny thing, though, whenever they look in on her at night she seems to be awake. Lying there with her eyes open."

**T**he marketing meeting was held every Thursday at three in Hal's office. Elliott Hilliard presided, opening each meeting by covering matters pending from the last.

"Hal, my father thinks your proposal that we sponsor a hiking marathon on the Appalachian Trail is very interesting. He'd like to study it further. Let's put it in a holding pattern. Any new business?"

"Yes," said Hal, "we have two items. I'd like Claire to present the first."

Claire Simmons produced several dummy ads and passed them around. "We've talked before about an institutional ad campaign to position the company in the public mind, and in the investment community, as a quality company that's growing in exciting new directions. Now, we've come up with a copy line that I think does the job beautifully. That line is: 'A great future is built on a great tradition.' We've worked out a media plan that will take us into the financial

publications, but also extends into the upscale general interest magazines."

Elliott examined one of the dummy ads. He smiled slightly as he slid the ad back across the table to Claire.

Hal backed the program emphatically, and Sy Goldin followed with an analysis of how the campaign would fit into the overall budget.

"Fascinating," said Elliott. "I'll pass this on to my father. I'm sure he will be enthusiastic. Anything else?"

"Only the best opportunity I've seen in quite a while," said Hal, coming on strong. "A close friend of mine has just been made an executive producer with a network sports program. One show he's preparing will be the first all-American distance cross-country skiing event. TV buys like this don't come around very often. We could get the Hilliard name in front of the people our products are designed for."

## The children were found arranged in a circle, slaughtered.

Gaines and Prescott added their endorsements, and Sy pointed out that the rates were a bargain.

"That's terrific, Hal," said Elliott. "I'm sure my father will be as excited by this as you are. Of course, it will require some scrutiny on his part."

"Elliott," said Hal, "this is not something that can be put on the back burner. Only two spots are left open, and another sponsor is after them."

"I'll convey the immediacy to my father, Hal. And thank you all for this splendid presentation. I should have answers back to you within the week."

**R**ain was coming down like a gray curtain when Hal turned into his driveway. It was only 30 feet to the door, but he and Judy got soaked as they ran for it. From upstairs they could hear a thin sound.

"It's Mimi," said Judy. She raced up the stairs.

By the time Hal reached the housekeeper's room, Judy was kneeling alongside her. Mimi was keening into cupped hands.

"What's wrong?" Judy asked.

Mimi pointed to the bed. There looking like a clump of wet confetti were the torn remains of Mimi's parakeet, Wonder, a little bird of brilliant color that sang constantly. She was devoted to the bird.

"My God," exclaimed Judy. "What happened?"



"I can guess," said Hal. "One of those barn cats from down the road."

"No," Mimi raised a tear-stained face. "Not a cat. Something else. Something *bad* took Wonder."

Judy looked at the little ball of bloodied feathers. What *had* killed Wonder? She held Mimi in her arms as Hal folded the stained coverlet and took it out of the room.

**A** letter Judy's mother sent from South Carolina was long and gossipy, as usual, but there was a nugget of news at the end.

"An old classmate of mine, Margaret Love, lives in Northampton, near you. Since you're so shy about these things, I've taken the liberty of arranging a luncheon get-together for you with her on June 24. I saw her at our Vassar 40th (!!!) last year, and she's as fabulous as ever. Widowed. Lives with a marvelous man—quite a bit younger I might add (!!!). She sells real estate, and is a historian of the Berkshires. You will be entranced."

On the day the luncheon was scheduled, poor Mimi was almost a basket case. She refused to believe that a stray cat had killed her parakeet. And she refused to stay in the house alone. The house "has bad things attached," she said. Haitian logic! Judy had persuaded Mimi that Annie was another *person*—hence Mimi was not alone in the house. Before Mimi could think of a rebuttal, Judy left for Northampton.

Margaret Love lived on a street lined with Victorian houses, but her house was all glass and native stone. On her front lawn was a large black metal sculpture of what appeared to be giant scissors. As Judy parked her car, Margaret bounded out of her front door. Her hair was silver-gray, and her eyes the kind of blue found on old china. She grabbed Judy by both arms and looked at her intently.

"You're better looking than your mother. And you don't dress like her. I bet she still wears those correct dresses with sensible shoes."

Judy joined Margaret in laughter as they went in. The living room faced the rear, where there was a swimming pool painted black inside, to suggest an old-fashioned swimming hole.

"I feel like a slimming-down green lunch," Margaret said. They started with cold asparagus soup. Bits of a darker green freckled its surface.

"Basil," said Margaret. "I put it in everything. Harvey calls me a pesto-maniac."

Harvey turned out to be Harvey

Stern, Margaret's live-in boyfriend. He taught architecture at the University of Massachusetts. They had met when Harvey drew the plans for the house.

"Andrew had just died," Margaret said, "and I was an emotional dish towel. I needed something new. Like a house. So Harvey helped me build this house, and—well, we just fell in love. Of course, everyone was scandalized at first. Andrew dead less than a year, and here I was living with a bearded architect ten years younger than I."

"Now tell me about yourself and Hal and Annie. And your house. I sell real estate, and I love old houses."

**J**udy recounted their move from Los Angeles, Hal's job with Hilliard, her painting. When she wound down, Margaret said, "I know your house. Used to be owned by a family named Pratt."

"Mother says you're a historian of this area. Is there something special about our place?" Judy was thinking of Mimi's fears, and dreading what Margaret might say.

"Aside from its being a house of record, there's nothing," she said.

"That suits me," said Judy. "I don't like things that go bump in the night."

"But you do live in a town with a deliciously evil past," Margaret said. She refilled their teacups. "There's almost no documentation, it's legend, really, but when historical buffs in this area mention Ripton Falls, it's usually in connection with the Ripton Falls Children's Coven. So little is known because the town didn't want the outside world to hear about what took place. It must have been . . . horrible. The only written reference to it is a fragment of a rhyme that appeared in a newspaper dozens of years later. And there's a painting. The painting is the most fascinating part. But I'm jumping ahead."

"I've heard nothing about any children's coven," Judy said.

"Oh, the subject is still *verboden*. Of course, the Hilliards, being the town's bigwigs, don't want any gossip about the legend. After all, we know about the Salem witch trials, because there *were* trials. What happened about the same time in Ripton Falls, *if* it occurred at all, took place in a frenzy."

"It seems there was a group of children, eventually seven altogether. The legend refers to them as a coven, but they weren't, really. I gather from my superstitious friends that bona fide covens have thirteen members, always adult. All these children were very

young, with the exception of one adolescent. The first sign the townspeople had that evil was in their midst was a farmer's finding a week-old calf dead. Its throat had been ripped out, and its heart carved from its body. Similar slaughters followed. Young animals—lambs, baby pigs, calves—always in the same fashion.

"This went on for months. Townspeople suspected the children—they had been seen together more than once—but they couldn't prove it. And then, so the story goes, these seven vile, evil children decided to recruit seven more children. From the most religious families in town. Two, in fact, were the minister's sons."

"What happened next is unclear. Whether they were unable to enlist the good seven, as the legend calls them, or were afraid of being betrayed, the evil seven took to their knives again. Early one morning the bodies of the seven good children were found in a field, arranged in a circle. They had been slaughtered like the animals—throats ripped and hearts plucked from their chests. Apparently the villagers had no doubt who had committed this monstrous crime. They set off en masse, trapped the evil children in a barn and burned it to the ground."

"Soon after, a cautionary rhyme sprang up, the kind mothers must have recited to their small children. 'Tarry not near children seven/lest your soul rise fast to Heaven.' And there you have it. Ripton Falls—indeed, all of the Berkshires—has been free of covens ever since."

"My God, what a tale," Judy said. "I hope our Haitian housekeeper never hears it. She believes the devil killed her parakeet. Witches and demons are very real to her. But what about the painting you mentioned?"

"Ah, the painting. Said to have been done from memory after the event. It's supposed to show all seven children."

"The coven children?"

"Yes, of course. That's why it sold for such a high price."

"You mean it was sold recently?"

"About a year ago. It was found in the attic of a house in Maine, after the death of an old woman who owned the place. When her estate came up for auction in Springfield, the painting was expected to go for under three thousand. A price mainly determined by its age. The work itself, I've heard, was uninspiring. But there was a Japanese collector at the auction, and he really wanted it."

"What did he pay?"



# The Seventh Child

"He didn't get it. Cameron Hilliard's granddaughter outbid him."

"Laurie?"

"Yes. She just kept raising until the Japanese quit. At nine thousand dollars! For an unattributed American primitive. Caused a bit of excitement in these parts."

"Where's the painting now?"

"Probably in a dark vault somewhere," said Margaret, laughing. "Wouldn't do to exhibit a painting that was linked to Ripton Falls's evil past. Why don't you ask the Hilliards?"

The next morning Judy phoned Laurie at her office.

"Hi, Judy," Laurie said. "What can I do for you?"

"At lunch the other day a friend told me about a fascinating painting you bought last year in Springfield."

"May I ask who told you that?" Laurie's voice betrayed annoyance.

"Margaret Love; in Northampton."

"I know the woman."

"The painting is of some children. It's very old."

"Of course, 'The Ripton Falls Children,'" said Laurie, laughing with artificial gaiety. "I'd love to show it to you, but it's on loan. Somewhere in Europe, I think. Anyway, it won't be back for at least a year. Got to run, Judy. I'm late for a meeting. Let's talk again soon. Bye."

Click. The line was dead. And Judy knew, deep down, that Laurie had not told her the truth.

**T**he following week there was a notice in the *Ripton Rondelay*, a six-page weekly paper, that the Ripton Falls Historical Society was taking applications for new members at the Town Hall. Judy stopped by on the way to her art class in Northampton. The sole occupant of the Society's quarters was a woman in her seventies.

"I'm Judy Richardson, and I—"

"Good morning," the woman twittered cheerfully. "I know who you are, Judy. Remember, this is a small place. I'm Minna Gannon. Are you enjoying our beautiful town?"

"Yes, indeed, Mrs. Gannon."

"You must call me Minna. Everyone in Ripton Falls does."

"Minna, now that we're settled we'd like to join the Historical Society."

"How nice! Of course, there's a one-year residency requirement."

But Judy couldn't quit now. "Since I'm here, do you think I might look at some of the town records? I'd love to trace the history of our house."

Minna's face lit up. "But of course! The records are in the next room. Come with me."

She led Judy into an adjoining room. Floor to ceiling shelves were crammed with leather-bound volumes and file boxes. After pointing out how the material was organized, Minna returned to her desk.

Judy immediately checked out their house. Its first owner of record was one Joshua Warden, a farmer who had come to Ripton Falls with three cows and a small flock of sheep. There followed 50 years of Warden ownership, as the house passed from father to son. Then came the Leeds, the Newburys and the Pratts. Gradually, Judy became aware that none of the documents in the room reached back into the 1700s.

Minna had an explanation. "There was a terrible fire at the Town Hall in the early eighteen hundreds. It destroyed everything. All our papers."

When Judy departed for Northampton, her eye was caught by a brass plaque near the Town Hall door: "c. 1773." How odd. What about the fire? Had only one room burned?

**O**n Sundays during the past month, while Hal plunged into a big breakfast and *The New York Times*, Judy, Mimi and Annie went to church. Judy had recruited half a dozen parishioners from her friends at Smith, and had even persuaded the Prescotts to attend. Brad Peters seemed more self-confident, and his sermons were moving. Mimi always liked to have the sermon explained on the drive home. Annie liked the singing.

"You know, Mom," she said, "Mister Peters's church could use some sprucing up."

"Annie, that's a good idea."

Brad Peters thought so, too. Quickly, signs were made, friends enlisted, contributions solicited. Hal gave up an afternoon's fishing, and Aldo volunteered his talents and those of his bowling team. Even the Hilliards responded, with a donation of paint, brushes and hardware.

Spruce-Up Saturday was a beautiful summer's day. A few powder-puff clouds hung in a pale blue sky. By noon there were more than 20 adults and a dozen kids scraping, painting, raking. T.C. Junior was running a power mower. The Lucci twins were weeding flower beds. Annie and Gwen Prescott were washing windows.

At midday Margaret Love drove up

with her boyfriend Harvey, a tall thin man with a graying beard. They unloaded trays of sandwiches. Then Howard and Laurie Hilliard arrived in a company truck filled with plywood sheeting, clapboards and two-by-fours.

Brad Peters greeted the newcomers warmly. "I haven't thanked you yet, Miss Hilliard, for all the hardware. And now this—" he gestured to the loaded pickup.

"First off, Reverend, it's Laurie. Second, we'd appreciate your giving us a contribution receipt to help us with Uncle Sam."

"You're very kind. Please call me Brad."

"Brad, this is my brother Howard. And Howard, you know Judy Richardson, of course."

Howard's eyes, transparent as a weimaraner's, focused at some point beyond the minister.

Everyone pitched in to unload the truck. When only a few planks remained, Laurie started to raise one onto her shoulder. She asked T.C. Junior for help. The boy was tall for his age, but his end of the board was much lower than Laurie's.

"Put it on your shoulder, dear," she said.

The boy lugged it to his shoulder.

"It would be easier if you shifted to the other side," Laurie said sweetly.

**There was a faint sound, like the creaking of a hammock . . . Something hit him on the cheek.**

As T.C. Junior hefted the board, Judy saw something glint in the sunshine. It was a nail, protruding wickedly from the end of the board, inches from the boy's cheek. And then Laurie moved forward before T.C. Junior was ready. He yelled and dropped the plank. As Judy got to his side, blood was streaming from a long cut that ran in an upward arc across his cheek. Judy pressed a handkerchief against the wound, and cradled his head in her arms.

"Oh, I feel terrible," Laurie said, biting her lip. "I thought he was ready."

One of Aldo's bowlers moved in. "Let's get the boy to Dr. Martin's," he said. "A couple of butterfly stitches, and he'll be fine."

Hal and Brad helped T.C. Junior to his feet. Trying to smile, he walked with them to the doctor's office, just off



the Green. Judy turned to tell Laurie that it wasn't her fault. But Laurie wasn't there. The truck was gone.

**I**t was after six when Judy met Hal at the Quill Bookshop. She had just bought an art book, a sumptuous compendium of the best of Robert Rauschenberg, when Brad Peters came in. Judy was struck by how happy he looked.

"Hey, you two," he said cheerily, "how about a quick cup of coffee?"

When they were settled in a coffee-house next door, complete with dim lighting and sitar music twanging in the background, Brad raised his cup in salute.

"I've decided to stay in Ripton Falls," he said, beaming.

"I'm so glad," Judy said.

"The reason is—well, there are several reasons. The Hilliards' new friendship, for one. And we have some new churchgoers. And there's someone special in my life. A girl I knew in college, Carol Albert. I'm having her to dinner tonight at my place—I'll be the cook, with a gourmet cookbook at my elbow."

Judy met Brad's eyes and knew they were both remembering the day when she and Annie had come to ask about Sunday school. He had seemed so discouraged. Brad picked up her unspoken thought.

"Judy, I'd begun to hear things in that old parsonage. Imagine things. I thought I was losing my mind. But I've turned the corner now, and I couldn't be happier. And there's a capper to all this."

He told them about finding a cache of town documents and records in the attic of the parish house. Box after box of them. He had gone up to look for end tables, bedspreads, throws, anything to brighten up the dreary house. He found nothing he could use. Then he discovered the boxes, tucked under the eaves, thick with dust.

"It's amazing stuff. Lots of church-related material, but town business, too. Deeds, minutes, disputes with other towns on hunting rights. And I've never heard anyone mention that these records existed."

"How far do they go back?"

"I'm not sure yet. I've only gotten to three boxes, but yesterday I ran across a marriage record I'm sure was dated sixteen something."

"Wow! That old?"

"Have you ever heard of Mon-aillou?" Brad asked. "It's a little French town in the Pyrenees. Its

whole life during the Middle Ages was reconstructed from records kept at the time. There was a book written on it. Wouldn't it be great if we could do the same thing here? I've begun cataloging, but it's going to take forever. There'll be thousands and thousands of entries."

"I must tell Margaret about this," said Judy. "And Minna Gannon. She thinks all the early records were destroyed in a fire at the Town Hall."

Hal broke in. "Computer time is expensive, but the Hilliards might be willing to donate time to put these records on the company computer. I'll speak to Elliott about it."

"Wonderful!" Brad said. "Listen, I have an idea. How about meeting me and Carol at my place Friday for champagne, and then we'll go out to dinner?"

"We'd love it," said Judy. "Maybe by then Hal will have good news about the computer time. I'm sure the Hilliards will be interested."

**W**hen Hal got home the following Friday he found Judy already dressed to go out. He suddenly remembered; this was the night of Brad's dinner.

"Give me time to shower," he said. "And then help me pick out a necktie."

She chose a green knit with black stripes. And kissed him deeply.

"Keep that up," he said, "and we'll never get to Brad's."

When they arrived at the parsonage a tall woman was standing by the front door.

"Carol?" asked Judy.

"Yes. You must be Judy. Brad's told me about you. And you're Hal." She knocked on the door. "I've been here at least five minutes. The doorbell doesn't seem to work."

Hal looked up at the house. No lights showed. Carol Albert knocked at the door again, and shouted, "Brad! Brad!"

"Let's go around back," Hal said.

The light from the street barely etched the path to the rear of the house. Hal went up the porch steps and tried the door. It was locked.

"I'm worried," said Carol in an unsteady voice.

"Let's just take it easy," Hal said. "Brad probably dozed off."

He tried a window next to the back door. It slid up. He climbed over the sill, and minutes later opened the back door from inside.

"None of the kitchen lights work. I think the power is off. You two wait

here. I'll find Brad. He's probably in the cellar replacing a fuse."

Hal had to open four kitchen drawers and fumble about before he found a book of matches. He was on his fourth match when he found the cellar door. He opened it and yelled down.

"Brad! Your guests have arrived."

Silence.

*You're not afraid to go down there and look for Brad, are you?* He lit another match. A cold draft from the cellar put it out. Of course he wasn't afraid. Maybe Brad was upstairs napping. He entered the darkened living room and groped his way to the stairs. By the time he reached the top he had burned up half the matches.

He went into a room that opened off the top of the stairs, and struck a match. Empty. A spare room was also unoccupied. So was Brad's office. The last room was at the end of the hall. Hal banged on the door.

"Okay, party boy," he shouted. "Get it together."

The hall was a perfect echo chamber, and his words pinballed around him.

*I can't believe it, dummy. You're scared. Afraid of the dark. Come on, Hal, take a brace.*

His forehead was wet, the back of his neck was wet and his shirt was clinging to his body.

*This is ridiculous. Brad probably went out to buy champagne. Come on, Hal boy, open the door.*

He turned the door handle. The door opened with a click. A slight push, and it swung inward.

There was a faint sound, like the creaking of a hammock. Hal stepped forward three paces. Something hit him on the cheek. He backed up, crouched and balled his fists. Waiting, he heard the sound again, rhythmic now, like a small boat rocking against a dock.

As quietly as he could, he folded back the matchbook flap, struck a match and touched it to the clump of matches remaining in the book. The room suddenly jumped into light. And there, in front of Hal, was a pair of shoes. They were worn by Brad Peters, whose body hung like wet wash from a light fixture in the ceiling.

His head was twisted to one side; his face the color of deep water. Stamped on it was a look of pure terror.

As the flame reached down to touch Hal's fingers, he saw a kitchen chair below Brad's feet. Like a frozen moment in some horrible ballet, Brad's feet were suspended at least a foot above the chair. **Conclusion next month**



## BUDGET MENUS

continued from page 95

### 1. ROAST FRESH HAM

1 pork leg (7 to 8 lb. fresh ham),  
shank portion\*

Salt  
Pepper

Glaze  
1 tablespoon dark corn syrup  
1 teaspoon prepared mustard

Gravy  
Drippings from roasting pan  
½ cup all-purpose flour  
4 cups water  
1½ teaspoons salt  
½ teaspoon pepper

Preheat oven to 325°F. Sprinkle ham with salt and pepper. Score fat side in diamond shapes. Place in roasting pan. Roast 30 minutes per pound (3½ to 4 hours) or until meat thermometer reaches 170°F. Combine glaze ingredients and brush over ham 30 minutes before ham is done. Transfer to serving platter and keep warm while making gravy. Figure four 4-oz. servings of meat (about 240 calories per serving). Cut remaining meat from bone and cube. Refrigerate 2 cups for Deep Dish Pork Pie, day 5. Freeze meaty bone for Lentil Soup, day 11, and 3 cups cubed meat for Pork in Mustard Sauce, day 25.

**Gravy:** Pour pan drippings into 2-cup glass measure. Let dark juices settle in bottom of cup. Spoon ¼ cup fat back into roasting pan; discard remaining fat. Reserve brown bits and drippings in measuring cup. Add flour to roasting pan; heat and stir until smooth. Gradually add water, brown bits and drippings, salt and pepper. Cook and stir constantly, scraping bottom of pan to loosen brown bits until mixture comes to a full boil. Reduce heat and simmer 3 to 4 minutes. Taste for seasonings. Makes 4 cups, about 45 calories per ¼ cup. Refrigerate 2 cups gravy for Deep Dish Pork Pie, day 5.

\*If ham is purchased with skin on: Roast 30 minutes, cut off and discard skin, then score fat.

### PEAR UPSIDE-DOWN GINGER CAKE

½ cup plus 3 tablespoons margarine  
½ cup firmly packed brown sugar  
¾ teaspoon cinnamon, divided  
1 can (16 oz.) pear slices, drained  
½ cup sugar  
½ cup unsulphured molasses  
1 egg  
1½ cups all-purpose flour  
¾ teaspoon baking soda  
¾ teaspoon salt  
½ teaspoon ginger  
½ cup boiling water

Preheat oven to 350°F. Melt 3 tablespoons margarine in 8-inch square baking pan in oven. Remove from oven. Stir in brown sugar and ¼ teaspoon cinnamon. Arrange half the pear slices on brown sugar mixture; set aside. (Save remaining pears for day 5.) In mixer bowl cream sugar and

½ cup margarine at medium speed until light and fluffy. Add molasses and egg and beat until well blended.

Combine flour, soda, salt, ginger and ½ teaspoon cinnamon. Add alternately to creamed mixture with boiling water; beat until smooth. Pour batter over pears. Bake 30 to 35 minutes until toothpick inserted in center comes out clean. Cool in pan 5 minutes. Invert onto serving platter. Makes 8 servings, about 380 calories each.

### 2. TWICE BAKED TUNA SPUDS

2 large baking potatoes  
¼ cup chopped onion  
¼ cup chopped green pepper  
¼ cup margarine  
3 tablespoons all-purpose flour  
1 cup milk  
1 can (6½ oz.) tuna, drained  
½ teaspoon salt  
½ teaspoon pepper  
¼ cup grated Cheddar cheese

Preheat oven to 400°F. Pierce and bake potatoes 40 minutes. Reduce heat to 350°F. Meanwhile, in medium saucepan sauté onion and pepper in margarine until soft. Add flour and cook, stirring until smooth. Pour in milk and cook over medium heat until thick. Fold in tuna and seasonings; set aside. Cut potatoes in half; scoop out pulp and add to tuna mixture. Place skins in baking dish and evenly spoon in filling. Sprinkle with cheese and bake 20 minutes. Makes 4 servings, about 310 calories each.



### 3. CHICKEN À L'ORANGE

½ cup all-purpose flour  
½ teaspoon salt  
Generous dash pepper  
1 (2½ to 3 lbs.) broiler-fryer chicken,  
cut into 8 pieces  
1 tablespoon salad oil  
1 cup orange juice  
2 tablespoons firmly packed brown sugar  
2 teaspoons soy sauce  
½ teaspoon ground ginger  
Chopped parsley, for garnish

Preheat oven to 350°F. Combine flour, salt and pepper in plastic or paper bag. Add chicken pieces and shake to coat thoroughly. In Dutch oven or flameproof casserole heat oil over medium heat. Brown chicken on all sides, a few pieces at a time. Discard any drippings. Meanwhile, combine orange juice, sugar, soy sauce and ginger; pour over chicken. Cover tightly and bake 35 to 40 minutes, until chicken is fork-tender. Garnish with parsley, if desired. Makes 4 servings, about 385 calories each.

### 4. DEVILED CHICKEN LIVERS

#### Marinade

¼ cup ketchup  
1 tablespoon cider vinegar  
1 teaspoon dry mustard  
2 teaspoons Worcestershire sauce  
1 garlic clove, crushed  
½ teaspoon pepper  
1 pound chicken livers  
2 tablespoons margarine  
¼ cup water

In medium bowl combine marinade ingredients; stir until smooth. Cut chicken livers in half, removing membrane. Add livers to marinade and toss to coat well. Cover and refrigerate at least one hour. (Can be made ahead to this point. Cover and refrigerate up to 24 hours).

In large skillet melt margarine. Remove livers from marinade and sauté 8 to 10 minutes or until cooked through. Add water to remaining marinade; stir. Add to chicken livers and heat through, about 2 to 3 minutes. Serve with rice. Makes 4 servings, about 220 calories each.

### 5. DEEP DISH PORK PIE pictured on page 91

2 tablespoons margarine  
2 cups peeled, cubed butternut squash  
½ cup frozen cut green beans  
1 medium onion, quartered  
2 cups pork gravy (leftover from day 1) or  
2 envelopes pork gravy mix prepared  
according to package directions  
2 teaspoons dark brown sugar  
Dash cloves  
Dash nutmeg  
Salt and pepper to taste  
2 cups cubed cooked pork (leftover from  
day 1)  
Pastry for single-crust pie

Melt margarine in large skillet. Add squash, beans and onion; sauté over medium heat 10 minutes. Stir in remaining ingredients except pastry; transfer to 1½-quart casserole.

Preheat oven to 425°F. On lightly floured surface roll out pastry 1 inch larger than the top of the casserole. Fold pastry in half; cut out V-shape along fold to form vent. Transfer to casserole; unfold, turn edge under and flute. Bake until filling bubbles and pastry is lightly browned, about 30 minutes. Makes 4 servings, about 605 calories each.

### 6. POTATO FRITTATA

8 eggs  
½ teaspoon pepper  
1 teaspoon salt  
2 tablespoons margarine  
2 tablespoons salad oil  
2 medium potatoes, peeled and thinly  
sliced (about 2 cups)  
½ cup chopped green pepper  
1 cup thinly sliced onion  
5 slices (¾ oz. each) American processed  
or mozzarella cheese

In medium bowl beat eggs, pepper and ½ teaspoon salt; set aside.

In large skillet with ovenproof handle melt margarine with oil over me-



um heat. Add potatoes and sauté, turning occasionally, until tender and lightly browned, about 10 to 15 minutes. Remove and keep warm. Add green pepper and onion to skillet and sauté until tender, about 5 minutes. Return potatoes to skillet; sprinkle with ½ teaspoon salt.

Preheat broiler. Carefully pour egg mixture over vegetables in skillet. Cook over low heat, without stirring, until eggs are lightly set around edge. Arrange cheese slices over eggs. Place skillet under broiler until cheese is melted and egg mixture is set and slightly puffed, about 5 minutes. Cut into wedges and serve. Makes 4 servings, about 450 calories each.

## 7. SANTA FE CHICKEN SOUP

pictured on page 90

2 tablespoons margarine  
1 cup chopped onion  
1 garlic clove, crushed  
1 can (16 oz.) crushed tomatoes, undrained  
4 quarts water  
2 teaspoons black peppercorns  
2 pounds chicken wings  
1 can (4 oz.) chopped green chilies, drained  
1 can (16 oz.) pinto beans, drained  
2 teaspoons salt

In Dutch oven or 4-quart saucepot melt margarine over low heat. Add onion and garlic; sauté until translucent. Add remaining ingredients except pinto beans and salt. Bring to a boil; reduce heat and simmer uncovered 1½ to 2 hours until meat falls off the bone. Skim off any surface foam. Add beans and salt and simmer 5 minutes longer. Makes 3½ quarts or 8 servings, about 335 calories each. Pour remaining into freezerproof containers; freeze up to 2 months.

## 8. TURKEY PARMIGIANA

pictured on page 91

¼ pound ground raw turkey  
1 egg  
¼ cup fresh bread crumbs (about 1½ slices)  
½ teaspoon salt  
½ teaspoon basil  
½ teaspoon oregano  
Pinch pepper  
2 tablespoons salad oil  
1 cup Homemade Tomato Sauce (recipe follows)  
2 tablespoons grated Parmesan cheese  
2 ounces mozzarella cheese, shredded or sliced

Shape ground turkey into 4 oval patties. Beat egg in shallow plate. In another plate combine crumbs, salt, basil, oregano and pepper. Dip each patty first in egg, then in crumbs.

Preheat oven to 350°F. In medium skillet heat oil. Fry turkey patties over medium heat about 3 minutes on each side. Place in 8-inch square baking dish. Spoon ½ cup tomato sauce over each patty. Top with Parmesan and mozzarella cheeses. Bake 20 min-

utes until cheese is bubbly. Serve with cooked spaghetti. Makes 4 servings, about 350 calories each without spaghetti.

## HOMEMADE TOMATO SAUCE

1 medium onion, chopped  
1 link sweet Italian sausage (about 4 oz.), removed from casing  
1 garlic clove, crushed  
1 can (28 oz.) whole tomatoes, undrained  
1 can (15 oz.) tomato sauce  
1 teaspoon sugar  
¼ teaspoon basil  
¼ teaspoon oregano

Combine onion, sausage and garlic in large saucepan or Dutch oven; cook over medium heat about 5 minutes until sausage loses its pinkness and onion is translucent. Add tomatoes, tomato sauce, sugar, basil and oregano. Break up large pieces of tomato with fork. Simmer uncovered 1½ hours, stirring occasionally. Makes 4 cups, about 85 calories per ½ cup.

## 9. LAMB CURRY WITH RAITA

3 tablespoons salad oil  
1 pound boneless lamb shoulder, cubed  
2 medium onions, chopped  
2 garlic cloves, crushed  
2 tablespoons all-purpose flour  
1 tablespoon curry powder  
½ teaspoon pepper  
2 chicken bouillon cubes  
2 cups water  
Raita  
½ cup plain yogurt  
½ cucumber, peeled, seeded and finely chopped

In heavy saucepot or large skillet with lid heat oil. Brown lamb on all sides over medium-high heat. Remove lamb; set aside. Add onions and garlic; cook 5 minutes. Add flour, curry powder and pepper; cook 2 minutes. Add bouillon cubes, water and lamb. Bring to boil; reduce heat, cover and simmer 1½ hours or until tender.

Serve curry with hot, cooked rice and raita. Makes four ½-cup servings, about 495 calories each without rice and raita.

Raita: Combine ingredients in small bowl. Cover and refrigerate. Makes ½ cup, about 10 calories per tablespoon.

## 10. NEW ENGLAND BOILED DINNER

pictured on page 90

1 corned beef brisket (about 4 lbs.)  
4 quarts cold water  
4 medium potatoes, peeled\*  
4 medium onions, peeled  
4 carrots, peeled and quartered  
4 whole cloves  
½ large head cabbage, quartered\*\*  
Chopped parsley, for garnish

Place beef in large Dutch oven and cover with 4 quarts cold water. Bring to boil. Reduce heat; cover and simmer 2 hours. Add potatoes, onions, carrots and cloves and cook 45 minutes longer. Add cabbage and simmer an additional 15 minutes or until potatoes are cooked through. Garnish with parsley, if desired. Serve

some of broth over meat and vegetables. Figure four 4-oz. meat servings; reserve leftover meat for sandwiches, day 12, and Red Flannel Hash, day 16. (Reserve remaining broth for Lentil Soup, day 11.) Four servings of meat and vegetables are about 580 calories each.

\*Increase to 6 potatoes if making Red Flannel Hash on day 16.

\*\*Wrap and refrigerate remaining half of cabbage for day 23.

## 11. LENTIL SOUP

1 cup dried lentils  
1 meaty fresh ham bone (from day 1)  
1 quart broth or water\*  
½ cup chopped onion  
½ cup sliced celery  
1 carrot, shredded  
2 tablespoons minced parsley  
½ teaspoon oregano  
¼ teaspoon pepper  
Salt to taste

Wash lentils; drain and discard any stones. Place in saucepot. For quick-soak method, combine lentils and water to cover. Boil 2 minutes. Remove from heat, soak 1 hour. Or cover lentils with water and soak overnight. Combine with remaining ingredients except salt in Dutch oven or large saucepot. Bring to a boil; reduce heat and simmer uncovered 1 hour. Remove from heat. Add salt to taste. Cut meat from bone into small pieces; set aside. Using potato masher or fork, mash lentils just until soup is thickened. Return meat to soup and heat through. Makes 5½ cups, about 130 calories per cup.

To make a big batch of soup: Double all ingredients except ham bone. Freeze any remaining up to 2 months. \*Broth from New England Boiled Dinner, day 10.



## 12. SAUERKRAUT SALAD

1 bag or can (16 oz.) sauerkraut, drained and rinsed  
½ cup chopped celery  
½ cup chopped onion  
2 tablespoons chopped green pepper  
2 tablespoons sugar  
1 tablespoon cider vinegar

In medium bowl combine all ingredients; toss until well coated. Cover and refrigerate at least 2 hours. Makes 4 servings, about 60 calories each. (continued)



## BUDGET MENUS

continued

### 13. SWEET 'N' SOUR FISH WITH PEPPERS/PINEAPPLE pictured on page 91

#### Salad oil

- 1 medium onion, thinly sliced
- ½ large green pepper, sliced into thin strips
- 1 pound frozen fish filets, partially thawed
- ¼ cup cornstarch
- 1 can (8 oz.) pineapple chunks in own juice
- ¼ cup sugar
- ¼ cup cider vinegar
- 2 tablespoons ketchup
- 1 tablespoon soy sauce
- ¼ teaspoon ground ginger
- 1½ teaspoons cornstarch dissolved in 1½ teaspoons water

In large, nonstick skillet heat 2 tablespoons oil. Add onion and green pepper and sauté until tender, about 3 to 5 minutes. Remove with slotted spoon and set aside. Cut partially frozen filets into cubes and toss in cornstarch to coat. In same skillet heat 2 more tablespoons oil. Add fish a few pieces at a time and brown on all sides, adding more oil if necessary. Drain on paper towels and keep warm.

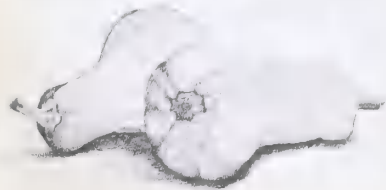
Drain pineapple, reserving ½ cup juice. In medium saucepan combine juice, sugar, vinegar, ketchup, soy sauce, ginger and cornstarch/water mixture. Bring to a boil over medium-high heat, stirring constantly. Add pineapple chunks and sautéed vegetables; heat through. Arrange fish on serving dish; spoon on sauce. Serve with rice. Makes 4 servings, about 455 calories each without rice.

### 14. NOODLES ROMANOFF pictured on page 93

- ¼ cup margarine
- 1 large onion, sliced
- 1 pound cottage cheese
- ½ cup plain yogurt
- ½ teaspoon pepper
- 12 ounces medium egg noodles
- 2 green onions, chopped, for garnish

In medium skillet melt margarine over low heat. Add onion and cook about 15 minutes or until well-browned. Stir in cottage cheese, yogurt and pepper; cook only until heated through. Do not let mixture boil.

Meanwhile, cook noodles in boiling salted water according to package directions. Drain well and toss with cottage cheese mixture. Top with green onions. Makes 4 servings, about 590 calories each.



### 15. BUTTERNUT APPLE CRISP

#### Topping

- ¾ cup all-purpose flour
- ½ cup sugar
- ½ teaspoon cinnamon
- ¼ teaspoon ground cloves
- ½ teaspoon salt
- ½ cup margarine
- ½ medium butternut squash, peeled and seeded
- 2 large baking apples, peeled and cored
- ½ cup sugar

Grease an 8-inch square glass baking dish; set aside. Preheat oven to 375°F. Topping: In medium bowl combine flour, sugar, cinnamon, cloves and salt; mix well. Cut in margarine with pastry blender or 2 knives used scissor-fashion, until mixture resembles coarse meal; set aside.

Cut squash into ½-inch-thick slices. Cut apples into ¼-inch-thick slices. Toss squash and apples with sugar; spoon into baking dish. Sprinkle on topping. Bake 35 minutes. Serve warm or chilled. Makes 6 servings\*, about 315 calories each.

\*Reserve remaining 2 servings for Apple Crisp Yogurt Parfait (day 16).

### 16. RED FLANNEL HASH pictured on page 92

- 1½ cups cooked chopped corned beef
- 1½ cups cooked chopped potatoes
- 1 can (16 oz.) beets, drained and chopped (about 2 cups)
- ½ cup chopped onion
- 1 tablespoon Worcestershire sauce
- ½ teaspoon salt
- ½ teaspoon pepper
- ¼ cup margarine
- 4 eggs, poached

In large bowl combine corned beef, potatoes, beets, onion, Worcestershire sauce, salt and pepper.

Melt margarine in large, heavy skillet. Add corned beef mixture. Cook over medium heat, stirring occasionally, about 15 minutes or until hash is lightly browned. Serve with poached eggs. Makes 4 servings, about 580 calories each.

### 17. WESTERN POT ROAST

- 1 tablespoon salad oil
- 3 pounds boneless beef shoulder roast
- 1 cup chopped onions
- 3 garlic cloves, crushed
- 1 can (16 oz.) whole tomatoes, undrained
- 1 can (16 oz.) tomato purée
- 2 tablespoons chili powder
- 1½ teaspoons salt
- 1 teaspoon oregano
- 1 teaspoon sugar
- ½ teaspoon ground cumin
- ¼ teaspoon pepper
- 2 tablespoons cider vinegar

Preheat oven to 325°F. In Dutch oven heat salad oil over moderate heat. Add beef; brown slowly on all sides. Add remaining ingredients; mix well. Cover tightly and bake 2 hours. Spoon off and discard fat. Makes 8 servings\*, about 340 calories each.

\*Reserve remaining for BBQ sandwiches (day 19).

### 18. SPINACH TOFU STIR-FRY

- 1 pound tofu, drained and cut into 1-inch cubes
- ½ cup cornstarch
- 2 tablespoons salad oil
- 2 garlic cloves, crushed
- 1 medium onion, sliced
- ¼ pound ground beef
- 1 package (10 oz.) frozen leaf spinach, thawed and drained
- ¼ cup water
- 1 tablespoon brown sugar
- 3 tablespoons soy sauce
- 1 tablespoon cider vinegar
- ½ teaspoon ground ginger
- 1 chicken bouillon cube or 1 teaspoon granules

Drain tofu on paper towel to remove as much liquid as possible. Toss tofu in cornstarch to coat lightly. In large skillet heat oil over medium-high heat. Add tofu and half the garlic; stir-fry until golden. Remove tofu. Add onion, ground beef and remaining garlic; stir-fry until beef loses its pinkness. Add remaining ingredients and simmer 5 minutes. Return tofu to skillet and heat through. Makes 4 servings, about 315 calories each.

### 19. ORANGE SPONGE PUDDING

- 3 eggs, separated
- 2 tablespoons margarine
- ½ cup sugar
- 1 teaspoon grated orange peel
- 1½ tablespoons all-purpose flour
- 1 cup milk
- ¼ cup orange juice
- 1 tablespoon lemon juice

Preheat oven to 350°F. Lightly grease 1½-quart casserole. In large mixer bowl beat egg whites until they hold soft peaks; set aside. In another mixer bowl, using same beaters, cream margarine and sugar. Add orange peel and egg yolks and beat until well blended. Add flour and beat until smooth. Beat in milk, orange juice and lemon juice. Fold in beaten egg whites. Pour into casserole. Set casserole in large baking pan. Fill pan halfway with hot water. Bake 40 to 50 minutes until golden. Makes 4 to 6 servings, about 255 calories per 4, 170 calories per 6.

### 20. SALMON POTATO CAKES

- 1 can (15½ oz.) pink salmon, drained
- ½ cup chopped onion
- 2 tablespoons finely chopped green pepper
- 1 tablespoon margarine
- 1 egg
- ½ teaspoon salt
- 1 tablespoon lemon juice
- 1 teaspoon Worcestershire sauce
- 1 cup mashed potatoes (use instant)
- Chili sauce (optional)

Preheat oven to 400°F. Grease cookie sheet; set aside.

Flake salmon and set aside. In small skillet sauté onion and green pepper in margarine just until tender, about 5 minutes. In medium bowl combine egg, salt, lemon juice and Worcestershire sauce. Beat with fork until well blended. Stir in potatoes, then



almon and sautéed vegetables. Drop mixture by level  $\frac{1}{4}$  cupfuls onto cookie sheet (or use level #16 ice cream scoop). Flatten to form patties. Bake 10 minutes. Serve with chili sauce or our favorite cheese sauce. Makes 4 servings (2 cakes per serving), about 105 calories each without sauce.

## 21. CHINESE SPAGHETTI

2 cups chicken broth  
1 cup creamy peanut butter  
1 tablespoon firmly packed dark brown sugar  
1 teaspoon ground ginger  
1 teaspoon crushed red pepper  
2 tablespoons soy sauce  
2 tablespoons white vinegar  
1 pound ground beef  
4 garlic cloves, crushed  
1 pound thin spaghetti  
1 cup chopped green onions

In 1-quart measuring cup combine chicken broth, peanut butter, brown sugar, ginger, red pepper, soy sauce and vinegar; set aside. Heat large, heavy skillet or wok over high heat. Add ground beef and garlic; cook until meat is browned, crumbling meat with fork. Add peanut butter mixture; reduce heat and simmer 10 minutes, stirring occasionally. Meanwhile, cook spaghetti according to package directions. Drain and toss with hot sauce. Garnish with green onions. Makes 4 servings, about 730 calories each.



## 22. BACON CHEESE FRITTERS

2 eggs  
1 cup dry curd cottage cheese  
1 cup all-purpose flour  
1 teaspoon pepper  
1 cup margarine, divided  
2 tablespoons salad oil  
4 slices bacon, cooked and crumbled  
1 green onion, finely chopped  
1 cup sour cream

In large bowl beat eggs until blended. Stir in cheese, flour and pepper. Cover and refrigerate at least 2 hours or overnight.

In large, nonstick skillet heat 2 tablespoons each margarine and oil. Stir bacon and green onions into cheese mixture. Drop by  $\frac{1}{4}$  cupfuls into skillet, keeping pancakes 1 inch apart. Cook 7 to 10 minutes on each side until golden brown and crisp. Pancakes are very delicate so turn carefully. Drain on paper towels; keep warm. Repeat with remaining batter, adding more margarine as needed. Serve hot with sour cream. Makes 14 pancakes, about 155 calories each without sour cream.

## 23. SUSAN'S KIELBASA

pictured on page 92

4 cups thinly sliced cabbage (saved from day 10)  
1 medium onion, sliced  
1 pound kielbasa, cut into  $\frac{1}{2}$ -inch pieces  
 $\frac{1}{4}$  cup sour cream  
2 tablespoons prepared brown mustard  
 $\frac{1}{4}$  teaspoon salt  
 $\frac{1}{8}$  teaspoon pepper

In large skillet combine cabbage, onion and kielbasa. Cover and cook over medium heat 15 to 20 minutes, until cabbage and onion are soft and translucent. Stir in sour cream, mustard, salt and pepper. Heat through. Makes 4 servings, about 480 calories each.

## 24. GREEK CHICKEN WITH ZUCCHINI

pictured on page 93

1 tablespoon margarine  
1 broiler-fryer chicken (3 lb.), cut into 8 pieces  
1 garlic clove, crushed  
 $\frac{1}{4}$  cup chicken broth  
2 medium zucchini ( $\frac{1}{2}$  lb.), cut into  $\frac{1}{4}$ -inch slices  
 $\frac{1}{4}$  teaspoon salt  
 $\frac{1}{8}$  teaspoon pepper  
**Sauce**  
2 egg yolks  
2 teaspoons cornstarch  
 $\frac{1}{8}$  teaspoon salt  
Generous dash ground red pepper  
 $\frac{3}{4}$  cup chicken broth  
2 tablespoons lemon juice

In Dutch oven melt margarine over low heat. Add chicken, a few pieces at a time, and brown slowly on all sides. Pour off fat. Add garlic and chicken broth; cover tightly and simmer 10 minutes. Add zucchini, salt and pepper; cover and simmer until chicken is fork-tender, about 15 minutes.

**Sauce:** In saucepan combine egg yolks, cornstarch, salt and red pepper; stir until smooth. Add chicken broth and

cook over medium heat, stirring constantly, until mixture just starts to boil. Remove from heat and stir in lemon juice. (Do not reheat.) Transfer chicken and zucchini to serving platter; spoon on sauce. Makes 4 servings, about 365 calories each.

## 25. PORK IN MUSTARD SAUCE

$\frac{1}{4}$  cup margarine  
 $\frac{1}{4}$  cup sliced celery  
 $\frac{1}{4}$  cup all-purpose flour  
1 teaspoon salt  
Generous dash pepper  
2 tablespoons prepared mustard  
3 cups unsweetened apple juice  
1 small red apple, cored and sliced  
3 cups cubed cooked pork (leftover from day 1)

In large saucepan melt margarine over low heat. Add sliced celery; sauté until tender, about 8 minutes. Remove from heat; blend in flour, salt and pepper. Stir in mustard until mixture is smooth. Gradually add apple juice, then add apple. Cook over medium heat, stirring constantly, until mixture comes to a full boil. Add pork; heat through. Serve over noodles. Makes 4 servings, about 495 calories each without noodles.

## 26. CORN PUDDING

2 tablespoons margarine  
2 eggs  
 $\frac{1}{4}$  cup all-purpose flour  
2 teaspoons sugar  
 $\frac{1}{4}$  teaspoon double-acting baking powder  
 $\frac{1}{8}$  teaspoon salt  
 $\frac{1}{8}$  teaspoon nutmeg  
1 can (16 $\frac{1}{2}$  or 17 oz.) cream-style corn  
 $\frac{3}{4}$  cup milk

Preheat oven to 350°F. Melt margarine. Grease shallow 1-quart casserole with a bit of melted margarine; set casserole and remaining margarine aside. *(continued)*





## BUDGET MENUS

*continued*

In medium bowl beat eggs until frothy. Add dry ingredients and beat just until smooth. Stir in corn, remaining melted margarine and milk. Pour mixture into prepared casserole. Bake uncovered 1 hour, or until knife inserted near center comes out clean. Makes 4 to 6 servings, about 260 calories per 4, 175 calories per 6.

### 27. PASTA FAGIOLI

**3** slices bacon  
1 cup chopped onion  
1 carrot, shredded  
2 garlic cloves, crushed  
1 can (16 oz.) tomatoes, undrained  
½ teaspoon basil  
¼ teaspoon oregano  
8 ounces macaroni twists or elbows  
2 tablespoons margarine  
¼ cup grated Parmesan cheese  
1 can (16 oz.) white beans, drained

In large skillet cook bacon slowly until crisp; drain on paper towel. In drippings in skillet sauté onions, carrot and garlic until onions are translucent, about 5 minutes. Stir in tomatoes, basil and oregano. Bring to boil; reduce heat and simmer 15 minutes.

Meanwhile, cook macaroni according to package directions; drain. Toss macaroni with margarine and cheese. Add beans to tomato sauce; heat through and spoon over macaroni. Top with crumbled bacon. Makes 4 servings, about 505 calories each.

### 28. STUFFED EGGPLANT SOUFFLÉ

Salad oil  
1 medium eggplant  
1 medium onion, coarsely chopped  
2 garlic cloves, crushed  
½ teaspoon salt  
½ teaspoon pepper  
¼ cup grated Parmesan cheese  
2 egg whites (at room temperature)  
Dash cream of tartar

Preheat oven to 400°F. Brush bottom of

13x9-inch baking pan with salad oil. Cut eggplant in half lengthwise. (Do not cut off stem end.) Place eggplant cut side down in oiled pan. Bake 25 minutes. Scoop out flesh of eggplant, leaving ¼-inch-thick layer. Refrigerate shells. Chop eggplant; set aside.

In medium skillet heat 2 tablespoons salad oil. Sauté onion and garlic over medium heat until onion is softened, about 3 minutes. Add eggplant, salt and pepper. Reduce heat and cook 10 minutes, stirring occasionally. Cool to room temperature; stir in 2 tablespoons cheese.

In large bowl beat egg whites with cream of tartar until stiff but not dry. Fold ½ egg whites into eggplant; then fold in remaining. Place shells in baking dish; spoon eggplant into them; sprinkle with remaining cheese. Bake 25 minutes. Makes 4 servings, about 135 calories each.

### 29. CHEDDAR TAMALE PIE

½ pound ground beef  
1 medium onion, chopped  
1 garlic clove, crushed  
1½ cups Homemade Tomato Sauce (leftover from day 8) or canned tomato sauce  
1 cup whole kernel corn  
1¾ cups milk, divided  
1 cup yellow cornmeal, divided  
1 tablespoon chili powder  
1½ teaspoons salt  
¾ cup grated Cheddar cheese  
2 eggs, beaten

In large skillet cook ground beef, onion and garlic until beef is browned and onion is tender. Stir occasionally to break up meat. Add Homemade Tomato Sauce, corn, ½ cup milk, ½ cup cornmeal, chili powder and ¾ teaspoon salt. Cook over low heat 10 minutes, stirring frequently. Remove from heat; spoon into 2-quart casserole. Preheat oven to 375°F. In medium saucepan combine remaining 1¼ cups milk, ½ cup cornmeal and ¾ teaspoon salt. Stir over medium heat until thick-

ened. Remove from heat; add cheese and eggs and beat until smooth. Spread over ground beef mixture, smoothing top with spoon. Bake 30 to 35 minutes or until golden and bubbly. Makes 4 servings, about 475 calories each.

### 30. BLACK-EYED PEA SALAD

½ cup salad oil  
¼ cup cider vinegar  
1 teaspoon salt  
Pinch ground red pepper  
1 garlic clove, crushed  
3 cups cooked black-eyed peas\*  
½ cup chopped green pepper  
¼ cup chopped onion

In large bowl combine oil, vinegar, salt, red pepper and garlic. Mix well. Add remaining ingredients and toss until well coated. Refrigerate 3 hours or overnight. Makes 4 to 6 servings, about 420 calories per 4, 280 per 6.

\*Cook 1 lb. package dried black-eyed peas according to package directions. Serve half with ham, day 1, and freeze remainder for this salad.



### 31. NEW ORLEANS TURKEY CREOLE

pictured on page 22

1½ to 2 pounds turkey leg(s)  
Water  
1 teaspoon salt, divided  
1 can (16 oz.) whole tomatoes  
2 slices bacon, diced  
½ cup finely chopped onion  
½ cup finely chopped green pepper  
1 garlic clove, crushed  
¾ cup long-grain rice, uncooked  
¼ teaspoon bottled red pepper sauce  
½ teaspoon pepper  
1 package (10 oz.) frozen cut okra

Poach turkey leg(s) in water to cover and ½ teaspoon salt about 1 hour. Cool in broth. When cool enough to handle, remove meat from bone (there should be about 2 cups); discard skin and bone. Reserve broth. Drain tomatoes, reserving juice.

In large skillet cook bacon until crisp; drain on paper towel. To hot drippings, add onion, green pepper and garlic; sauté until soft, about 5 minutes. Add rice; stir to coat. Add drained tomatoes, bacon, ½ teaspoon salt, pepper sauce, pepper and turkey. Combine turkey broth and juice from tomatoes and add water, if needed, to make 2½ cups liquid. Add to skillet. Cover and simmer 15 minutes. Add okra and cook another 5 minutes or until rice is tender. Makes 4 servings, about 340 calories each.

### LASER KNIFE SET

pictured on page 25

The Gracious Gourmet™ Dept. 287  
c/o The Charter Guild Ltd.  
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Please rush me #8249 Knife Set(s) @ \$31.95 plus \$3.00 UPS and handling each. (New York and Iowa residents add sales tax.)  
Enclosed is ☐ check ☐ money order for \$\_\_\_\_\_. Or we will accept ☐ Visa ☐ MasterCard.

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Satisfaction guaranteed or your money back. Knives are further guaranteed to remain sharp and serviceable for 30 years or they will be replaced.



## WEIGHT WATCHERS TIPS

continued from page 85

Never eat standing up. Always sit down at the table, and avoid taking food beyond the threshold of the kitchen or dining room.

When you travel by air, call the airline the day before you fly and request a low-calorie meal.

If you brown-bag your lunch, prepare your meal the night before, after dinner. Try to vary the menu and arrange food attractively.

When you go out for lunch, rather than going to a coffee shop, choose a delicatessen where the meat will be weighed in the amounts you request.

When eating out, decide beforehand what you are going to eat and try not to look at the menu. Then stick to your plan.

When you sit down to eat, take a moment to imagine yourself the way you want to be. Then let your image guide the eating.

If you feel satisfied before finishing everything you are allowed at a meal, save the dessert for later in the day.

Eat restaurant-style at home: Fill the plates in the kitchen and don't put bowls of food on the table. If others wait seconds, let them go to the kitchen to help themselves.

Keep a tape measure handy so you can measure your loss of inches as well as your weight. Very often, though the scale hasn't dropped, the inches have.

Set a realistic goal weight, one you will be able to maintain comfortably. Don't try to lose more than your life-

style or your body build can sustain, you will have difficulty reaching your goal and will tend to regain weight.

- If you like a snack at the movies, plan your menu to include two cups of unbuttered popcorn. Consume one less slice of bread beforehand.

- Fortify yourself with planned snacks before going to a cocktail or dinner party so you won't devour the hors d'oeuvres. Also, have a snack waiting for you at home so you'll feel comfortable turning down dessert.

- Post your favorite slim picture—of yourself or someone else—in strategic places around the house. Don't forget the refrigerator door.

- Keep a careful diary during your diet. Write down everything you eat, including amounts.

- Plan busy weekends. Dieters usually do well from Monday to Friday, then overeat over the weekend.

- Prepare several meals at a time, and freeze portions in individual pans or containers for the nights when you have no time to cook.

- Store problem foods out of sight in covered containers in the back of the bottom shelf of the refrigerator, or in the back of pantry shelves. Store unopened problem foods in the garage or the basement or an inaccessible closet.

- When you feel an urge to binge, change your environment. Move to another room, go for a walk, take a shower. Unplanned, uncontrolled eating usually happens when you are feeling depressed or bored. If distraction fails, set a timer for ten minutes. When it goes off, ask yourself whether you are still hungry. If you are, go

ahead and eat, but choose a food that is not a favorite.

- Make sure you have acceptable snacks ready at all times—foods that are bulky and chewy and that you don't consider too exciting.

- Don't maintain a "company closet" stocked with special foods for unexpected guests. Late one night, you may decide you are the company.

- Carry packets of powdered skim milk and low-calorie sweetener, not always available in restaurants or other people's homes.

- Limit your exposure to table scraps. Delegate the clearing to someone else, if possible. Otherwise, be sure you have company when you clean up the kitchen.

- Make food for one meal, unless you're planning for another meal. Leftovers can be dangerous.

- If you can't resist bingeing, take a small amount of whatever you are going to eat, put it on a plate, replace the container in its storage place. Sit down at the table and eat. For more, repeat the cycle. Treat a binge as a small unimportant error and go on as if it hasn't happened.

- If you tend to be a middle-of-the-night binge eater, help yourself sleep through the night by avoiding fluids after four P.M. Prepare an acceptable snack and leave it in the refrigerator. If the urge strikes, stay in bed at least ten minutes with the lights out. If still compelled, turn on the light and try a non-food activity like reading. If that doesn't work, take your prepared snack to your usual eating place, sit down and eat it. Go right back to bed. **End**

## WE DID IT—YOU CAN TOO!"

continued from page 85

at I loved breads and pastries. My diet was not the best."

She topped out at 180. "I became a real slob," she recalls. "My husband, on, is a huge man—six feet four—and weighs over two hundred pounds. We both quit smoking and then overate together. He gained, too."

When she could hardly squeeze into a size 18 and had to wear half sizes, Carolyn decided it was time to act. Without informing her colleagues (to avoid flak she didn't succeed), she joined Weight Watchers last January. She shed 35 pounds by May and another five pounds in September, shrinking back to a size 12. "At first nobody noticed because I continued to wear the same old voluminous clothes. When I bought an entirely new wardrobe, there was the new me!"

The most important thing Carolyn learned was to change her eating habits. Now she is "really into fruits, vegetables and milk." An unenthusiastic cook, she eats a lot of low-calorie fro-

zen dinners and buys loads of fresh produce. Then she peels, slices and chops, so the vegetables are always ready to eat.

To avoid being tempted by the vending machines at her office, she keeps a supply of low-calorie munchies, including vegetables and pickles, in her locker. And she's discovered sugarless gum, which she chews during the day "just as I once lit cigarettes and ate candy bars."

For her dinners when she works on the evening shift, Carolyn makes her own vegetable soup. "I throw carrots, celery, etc., into a crockpot, fill with eight cups of bouillon and then cook it overnight. Then I freeze the soup in pint containers. Before leaving for work around five, I take a serving of soup, some fruit and a sandwich made with thin bread and meat. I heat up the soup on a hot plate at the office." Today, even her husband often eats meals that fit the program, and he has lost weight, too.

Never one to move unless nudged, Carolyn has just joined a health club. "I'm thirty now and for the first time in

my life I'm getting myself into shape. I started by stopping smoking, then I lost weight. Now, I'm going to get some muscles."

~~~~~  
**LINES ACCOMPANYING  
A BOTTLE OF CHAMPAGNE  
TO BE READ ON MY SON'S  
WEDDING NIGHT**

By Walter Weir

*A toast to this most precious moment  
Out of all moments we have known,  
Out of all moments we shall know,  
A toast to this one, this alone.*

*Behind the valley, mist-enshrouded;  
Ahead the distance, beckoning, blue;  
But here the peak, ascended now,  
And here all rapturous, my love, you.*

*A toast to all we shall forget now;  
A toast to all we do not know;  
A toast that love and this gold moment  
Will never lessen, never go.*

~~~~~



## MY BROTHER JOHN

*continued from page 38*

home so high from eating cigarette butts that he ran out onto the roof of our house nude from the waist down. (Thank God it was a foggy day!) The second day when I arrived to pick him up, I was told, "Your brother disappeared an hour ago." It took three harrowing hours to find him—in another village, ten miles away.

By the third day, John was threatened with expulsion from the program if he didn't settle down, stop eating cigarettes and start acting better.

At home, I was unrelenting, talking long and hard to John about his behavior. "They're warning you to either shape up or ship out," I yelled. "Shape up or ship out," John echoed vaguely and stared off into space. Lonely and frightened by the new pressures of living outside a hospital, John felt rejection because of his craziness. For 17 years it had been the norm. Now he had to relearn all the modes of social behavior. John thought that getting out of the hospital meant that he was well. He hadn't realized that he was going to have to work at getting well, and that it would be so difficult.

John's behavior caused me embarrassment. In grocery and bank lines people stared as he compulsively rocked to and fro or knocked impatiently on the counter. I cringed inwardly at their disgusted looks when John snatched cigarette butts off the floor and popped them in his mouth. At the same time, my behavior caused John anxiety. Once when I was yelling about his eating cigarettes, he turned to me, his eyes large with concern, patted my shoulder and said, "Calm yourself, calm yourself."

At times I adopted the attitude of an army sergeant with a new recruit; at times I mothered John, tucking him in at night and holding his hand when we crossed the street or walked in crowds, which made him nervous. After their initial threat, the staff at the center leaned over backwards to help John fit into the program. He was the most childlike member of the group, and everyone took part in making him feel welcome, keeping him out of ashtrays and seeing that he didn't wander away from the center.

Gradually John shed some of his antisocial behavior; he moved from the center of the floor in group therapy to a chair in the circle, and later he even commented occasionally. He danced at the Friday afternoon socials and learned how to be a dinner guest. He learned to use the laundry machines, unlock the door, make his bed and wash the dishes.

We exercised three or four times a week, taking long hikes and including

a repertoire of jumping jacks, sit-ups, push-ups and sometimes jogging. We read aloud the poetry of Robert Frost, Emily Dickinson and Samuel Taylor Coleridge. We occasionally cooked together, took photographs, worked on simple math and spelling, painted with water colors, or drove to Manhattan to have a look around. John was unprepared for this rigorous routine, and at one point he asked, "Don't you ever give up?" He was used to people giving up on him, frustrating them until they just left him to be crazy.

We sold our house and moved to an apartment in Yonkers, near the center. Even though John received Supplemental Security Income and Social Security, it was not enough to pay for his therapy, medication, rent and food, or to keep him in clothes, haircuts, movies and magazine subscriptions. I figured it out once, and it came to about \$800 a month. John's federal aid amounted to \$268 a month.

Part of the profit from the sale of the house went for expenses and part went to buy a small plot of land located on the Croton River, half an hour north of us. Clearing the land and planting gardens became John's work therapy. He'd always wanted a farm—this was the best we could afford.

John was also enrolled in a number of other therapies: orthomolecular (megavitamin) therapy, art therapy and swimming therapy at the Yonkers Y.M.C.A. Together, we took a course in organic gardening, attended movies, museums and outdoor festivals.

### Trying—and succeeding

By now, John had lost his institutional stoop. The pelvic rock was gone and so was the inappropriate laughter. He was trying to make more sense—and succeeding. He was off heavy medication, except for a small dose of Lithium, which he began taking 14 months after coming home. John had long ago stopped wetting his bed and throwing up. He no longer told me he was dead. Sometimes he even said, "I'm alive," flexing his muscles a bit.

Along with progress there was regression any time John experienced a lot of stress. There was the time I was sick in bed with the flu for a couple of days, and although John was fed, he had to take care of his other needs. When I finally crawled out of bed, he was highly indignant at having been ignored, so much so that he defecated in the shower, took off his bathing suit during swimming therapy, was uncooperative with everyone and by the end of the week was jumping up and down on the living room floor.

I explained to John that no one can be strong always, that everyone falls apart now and then and that my turn had come with the flu. "You have to

take on more responsibility for yourself," I urged. "If you got sick and stayed in bed, I wouldn't take off my bathing suit in the middle of the pool, would I?"

"No. I guess you wouldn't," replied the contrite John.

There also were times when John's awareness shocked everyone. Like the time our canoe turned over in the middle of a lake, and when John refused, he yelled to me, "Grab the life jackets!" Just like my older brother years ago, ordering me around. I was so startled by his coherence that I couldn't grab anything.

### Ready for change

For more than a year now it has been evident that John was ready for change. He was bored with the Yonkers program. He needed more contact with peers, and the supervision of a man—someone he could emulate and be a pal with. He needed more activity than I could give, and could see he was frustrated.

During the last half of 1980, John's frustration became unbearable for him and everyone else. By mid-summer he had wandered off into the crowd twice at Jones Beach, disappeared in New York City and struck out at me a number of times. By summer's end he was stomping determinedly into the ladies room at the center, despite the warnings of the staff, and was incontinent again. By mid-autumn I had a couple of black eyes, and by the end of the year I had stitches in my upper lip.

Friends asked me, "What keeps you going?" What kept me going were John's successes. There was his first train ride in five years, his ability to sit through the movies, his renewed strength, his courage to yell back in anger. Faith was another source of strength; I was constantly asking God, "Please, just get me through *this* one." I guess I believed that miracles could happen. They just take a lot of work.

John's condition continued to plummet. Then one Sunday in March of last year, as we were getting ready to drive out to the beach, John, who had been acting agitated all morning, but couldn't say why, struck out at me again. Finally, I realized that I was no longer protecting him, that I could no longer protect his safety when he wandered off, or mine when he hit me. We had reached a dead end: Either I had failed to connect with sources of help or else they just didn't exist.

Dr. Dennis Goresky, a New York psychiatrist, told me, "Psychiatry is in a period of decline; there's not much dedication anymore. Funds are being cut, and doctors want easy cases that can pay. That leaves the least effective people to care for the sickest patients—the ones in state institutions."



With John back on the ward at Rockland Psychiatric Center it was the same old story. "He always wants to hug me," said the social worker. "He likes to be hugged," I told her. "He doesn't participate," said the doctor. He needs to be encouraged to take part—he's never *wanted* to participate; he's afraid he'll fail," I told him.

I wonder how long it will take for us to understand that a great deal of caring and common sense must be infused into the mental-health care system before it will work. Why do we treat the disease instead of the patient? Or forget that the mentally ill need love as much as normal people? They need to have decent clothes and

normal hairstyles to raise their self-esteem. They need an enormous amount of encouragement to overcome the fear of failure and rejection.

What does the future hold for John? Once, when I asked him that, he replied, "The future holds possibilities for every opportunity I can think upon." I haven't asked John lately, and I don't know the answer right now. I do know that John has a goal—to own a little farm. And I have encouraged him to hold fast to this dream because it will give him something to focus on, a reason to get well.

At the same time, I have my own dream—of starting a residential farm for John and others like him, and of

insuring that he doesn't spend the rest of his life in an institution. I keep thinking that a fluke of the genes could have reversed our situations . . . that I could have been the one in the institution waiting to get out. If that were the case, I'd want John out there looking for some answers for me.

I remember saying to John not long after he returned to Rockland, "Please try to get better. It makes me sad for you to live here." He waited quietly for me to dry my eyes then we continued hiking around the grounds. When I left John at the ward door, he put his hand on my shoulder and said, "I'll always love you." It was the only coherent thing he said all afternoon. **End**

## THE MENTALLY ILL: The Sad Facts, The New Hopes

Mental illness is the number-one cause of hospital admissions in this country, and schizophrenia alone fills one-fourth of all hospital beds—more than cancer, heart disease, diabetes and arthritis combined.

According to the National Institute of Mental Health, some 32 million Americans suffer from some form of mental illness, which costs the country \$20 billion in care and treatment annually and another \$20 billion in lost productivity. And each year, more than a million and a half people—young and old, rich and poor, well-educated and illiterate—become patients in psychiatric facilities. In women, one in five is affected by depression, the most common of mental diseases. Of men, one in ten.

In recent years, tremendous advances have been made in using drugs to minimize the symptoms of mental illness, but in place of symptoms have come the drugs' serious side effects, such as erratic movements, palsy-like shaking, or a kind of stupor.

Other factors in the mental health system seem to work against a patient's progress as well. Perhaps the major difficulty is money. Even the wealthy find that cash runs out when private hospitals charge an average of \$167 to \$247 per day. "In the mental health system, everyone is indigent," says Shirley Starr, president of the National Alliance for the Mentally Ill. And you can't count on insurance or even Medicare to pay the bills. The latter, for example, pays for only 190 days of hospitalization out of the many years that the chronically ill may spend in psychiatric hospitals.

Then there's the dilemma of deinstitutionalization. Theoretically, the movement to get patients out of the hospitals is a good one. With community services, a former patient can be cared for at about half the in-

patient hospital cost. And a patient has a much greater chance of improving when out in the "real world" as opposed to a hospital ward.

That's the theory, but it falls far short of the reality. Many communities haven't been able to support the exodus from hospitals. Although some former patients have found excellent mental health programs, many more have suffered—and continue to suffer—in slum-like halfway houses, where they are the victims of criminals and of their own inability to care for themselves or to regulate their medication. Community programs have never been adequately funded, have served only a fraction of the people who need them and seem headed for budget cuts in 1982.

There are, however, *some* signs of hope. A handful of communities do have programs that work. At New York City's Fountain House, former mental patients learn a variety of skills and are then placed in jobs with corporations like Chase Manhattan Bank, Sears Roebuck or Macy's. Today, the former patients can boast of combined annual earnings of \$622,000.

At the Jackson County Mental Health Alternative Support Program in Oregon, community volunteers are matched with clients, then encouraged to find activities of mutual interest to forge emotional bonds.

The Montana Community Support Project discovered that it could attract students, business executives and retired people to volunteer up to ten hours a week to teach clients bike riding, penmanship, basic housekeeping techniques and other useful skills.

Perhaps the best hope for the future lies in the area of scientific research, which continues to uncover new and exciting information about the mind and how it works. In addition to developing new drugs that can

help the mentally ill without side effects, scientists are trying to determine whether there is a genetic link in illnesses like schizophrenia and depression, and are exploring ways to repair the malfunctioning brain through biochemistry and tissue transplants.

This is only some of the work that should give hope to the mentally ill and their families—if funding isn't slashed too severely. But these are solutions that are still in the future. In the meantime, the mentally ill must rely on their advocates . . . and more and more frequently their families and themselves.

"We're encouraging patients to join together to give support to each other," says Judi Chamberlin, a spokesperson for the Patients' Liberation Movement, who spent a number of years in mental hospitals. She and others believe that patients and their families *do* have rights. Here are some sources:

- The National Alliance for the Mentally Ill, 1234 Massachusetts Avenue, N.W., Washington, D.C. 20005, telephone: (202) 783-6393, has begun a number of projects to help link families to services and to educate the public about the chronically ill. Bimonthly newsletters are available: \$10 for individuals, \$15 for families.

- Project Release, Box 9, Bayside, N.Y. 11361, is a consumer group that has compiled a free resource guide to patient-controlled alternatives to the mental health system. To receive a copy of *Alternatives*, send a stamped, self-addressed envelope. For a copy of the group's *Consumer's Guide to Psychiatric Medication*, which details side effects of commonly prescribed drugs, send \$2.50 to the above address.

- The American Civil Liberties Union, 132 W. 43rd St., New York, N.Y. 10036, offers a paperback handbook, *Rights of Mental Patients* (\$1.75).



# NEXT MONTH IN *Ladies' Home* **Journal**

## THE EDUCATION OF A PRINCESS

*The surprising lessons  
Diana must learn*

## YOU AND YOUR MONEY

*Sylvia Porter tells  
how to make the most  
of the new tax law*

## SPECIAL REPORT

*A leading woman  
gynecologist answers your most  
intimate questions*

## 15 FREQUENT FASHION MISTAKES (and how to prevent them!)

## HOW TO LIVE WITH HIS WORST MOODS

## "SECRET" BREAD RECIPE

*Best, simplest ever!*

## JANE FONDA'S MOST CHALLENGING ROLES:

*Daughter, mother and wife*

# Dear Journal

In the "Editor's Journal" column of her debut issue as Editor-in-Chief of LHH, Myrna Blyth wrote: "I know how busy you are but if you take the time to write to me about what you like or don't like in the Journal, I'll take the time to answer." The result was a gratifying deluge of mail filled with terrific suggestions, praise and thoughtful criticisms. You clearly care very much about LHH, so we've decided to keep the dialogue going by introducing this letters-to-the-editor column. Let us hear from you soon!

### Faithful LHH Fan

Dear Mrs. Blyth: I am 82 years old, with my 64th wedding anniversary just around the corner. My husband and I are both well, happy and more in love than ever. I wanted to tell you that in all the years I have read the Journal, I think your first issue is the very best. In fact, I usually give my magazines away quickly after reading them, but this is one magazine I will keep.—Ilona Porter, Houston, Tex.

*Mrs. Blyth replies:*

As I said in my September Editor's Journal, "... no one is more important than you, the reader." I pledge my continuing best efforts on your behalf.

I wish you many more years of good health, happy anniversaries and good Journal reading—and thank you for sending me your very kind words about my first issue.

### A Ray of Hope

Thank you for "Circle of Hope," by Sharon Waller (September 1981) and the accompanying insert by Dodi Schultz, "Childhood Cancer: The Rising Rate of Cure," which truly added a ray of hope to my life. On June 8 of this year, we learned that our four-year-old son has acute lymphocytic leukemia. He is undergoing treatment at the St. Jude Children's Research Hospital in Memphis, Tennessee. It was very heartening to read about someone else who has battled the odds and won.—Donna Adams, Lanett, Ala.

ED. NOTE: Every one of us at LHH sends a message of love and hope to your courageous family. Many, many readers wrote to rejoice in Jobi Halper's good fortune. Please note, however, that while our article stated that the American Cancer Society has programs offering reimbursement for necessary travel, the ACS can, in fact, provide only volunteer escorts for out-

patients at local treatment centers

### Cupcakes à la Charlie Brown

The new "Your Journal" feature is splendid! By the way, the recipe for "Charlie's Brownie Cupcakes" in the November "Your Journal" is a winner and I'd like to buy the cookbook from which it was excerpted. Can you help?—S.A. Collins, Houston, Tex.

ED. NOTE: Glad you like "YJ," as we call the feature around the office. As for those cupcakes, we tested the recipe and they are wonderful. You'll find lots of equally delectable recipes in the **Great Pumpkin Cookbook**, with recipes by June Dutton, illustrated by Charles M. Schulz, published by Determined Productions, Inc. Enjoy!

### Report on Rape

As a counselor with the Fall River Massachusetts, Rape Crisis Center, I want to commend you for the report on rape in your September 1981 issue. You have made my job easier. I do want to stress, however, that while putting up a fight may prevent rape in some cases, resistance can also antagonize the attacker and lead to more physical abuse and even death.—Daniel L. Lowe, Assonet, Mass.

ED. NOTE: We definitely agree. As we stated in the article, "Don't take action tantamount to committing suicide. Rape is not a fate worse than death."

### Joyous Reunion

I have seldom been so moved as I was by "I Always Knew You'd Find Me, Mom" (August 1981), the story of how ten-year-old James Kennedy, who had been kidnapped by his father, was reunited with his mother after a teacher saw his picture in the Journal article, "Have You Seen These Children?" (April 1981). Have any of the other children been found?—M. Smith, Denver, Colo.

ED. NOTE: We are delighted to report that four more youngsters are now home with their custodial parents as a result of our August story. They are 11-year-old Jon Hatemi and his nine-year-old brother, Peter; and 11-year-old Lloyd Scotty Berne and his seven-year-old brother, Mark Vernon.

Please address letters to Li Dworkin, *Ladies' Home Journal*, 641 Lexington Ave., N.Y., N.Y. 10022. We regret that we cannot reply to every letter.



Warning: The Surgeon General Has Determined  
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15 mg. "tar", 1.1 mg. nicotine av. per cigarette, FTC Report May '81.

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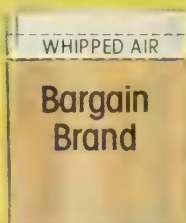
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# Journal

## DAZZLING DIANA

the triumphs (and traumas) of life as a princess

How to live  
with his  
worst moods

## SUPER FOOD

m-m cheesecakes!  
easiest bread recipes  
the news in stews  
favorites, Southern-style

via Porter: Best advice  
the new tax law

## OUR BREASTS

beauty and  
sensuality guide

## DON'T BE A VICTIM!

smart ways to protect  
your family from crime



**JANE FONDA**  
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believe  
she's an  
old-fashioned  
mom?

BOOKING

FEB 7 1982

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# Journal

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## Editor's Journal By Myrna Blyth



Staff members (from left) Sondra Enos, Mary Mohler, Maureen Lynch, Tamara Schneider and Lys Margold go over a complicated layout. Senior Editor Jan Goodwin makes a transatlantic assignment.



How many editors work on just one *Journal* feature? Sometimes as many as four. As an example, for our special article, "All About Breasts" (pages 88-93), Beauty and Fashion Director Maureen Lynch provided information on skin care and figure-firming exercises. Copy Chief Lys Margold turned these facts into clear and graceful prose. Articles Editor Sondra Enos organized the health and psychology sections. Editorial Coordinator Mary Mohler was responsible for the unique part of our article—a special pull-out health record card, prepared in cooperation with the American Cancer Society. This card not only tells you how to do breast self-examination but provides a record of the dates on which you give yourself this important test. Keeping and using the card as intended could truly save your life.

Yes, four editors, along with our art and production staff, worked very hard on just one part of this month's magazine, but we know it's worth the effort.

At the same time, Senior Editor Jan Goodwin was working hard on another special feature, our update on Diana, Princess of Wales. Jan, who is English herself and really knows how to get a story, contacted James Whitaker, a Fleet Street journalist whose beat is Buckingham Palace and the doings of the royal family. Jan wanted an in-depth, inside look at "shy Di" since her wedding. And that's just what we've got. Turn to page 85 and find out why Di just isn't shy anymore.

What else is in this February issue? It seems to me this is the month most families stay close to home and hearth. They enjoy lingering over hearty meals and then relaxing around a glowing fire. To make those meals as delicious as possible, we've included some absolutely terrific recipes. Please try the easiest-ever homemade bread (which even my teen-age son has learned to bake!). To go with that bread, there are some unusual stew recipes, and for dessert, cheesecakes that will make you want to stop counting calories.

Another article in this issue we're proud of is our insightful look at a contemporary woman who may be a lot like you. She has a thoughtful husband, lively youngsters and an interesting job. What is she missing? Only *time*! Efficiency expert Stephanie Winston analyzes this busy woman's day-to-day problems and gives her some helpful suggestions on how to "de-frazzle" her schedule, which should interest you as well.

Other features to look for: a seven-page decorating section filled with great ideas on kitchens; a feature which tells you how to avoid the most common fashion "goofs"; and a special section on crime with new, better ways to protect yourself, your family and your property.

All in all, I think of this February issue rather like a Valentine. For you, the reader, certainly filled our thoughts while we worked on it and we want you, the reader, to really love it. It's corny but true: "Roses are red, violets are blue, no one is more important to an editor than Y-O-U." Happy Valentine's Day!



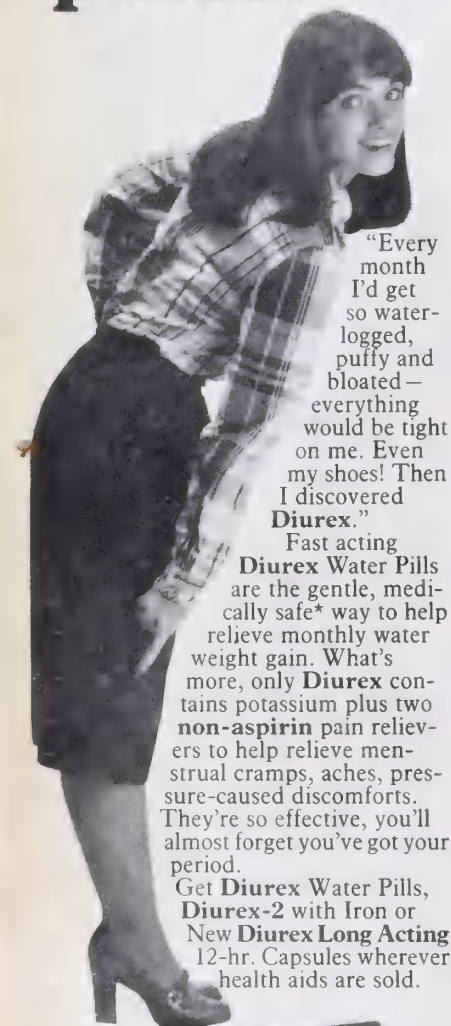
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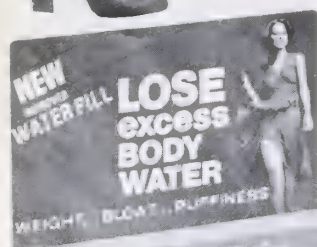
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LADIES HOME

# Journal

NEVER UNDERESTIMATE THE POWER OF A WOMAN

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VOL. XCIX NO. 2

FEBRUARY 1982

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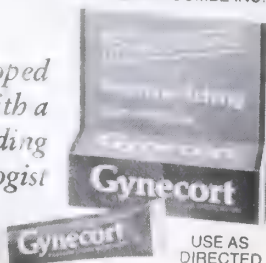
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SIDE OF ME  
WANTS A SOAP  
TO CLEAN  
MY SKIN  
WITHOUT  
TRYING

A SIDE OF ME  
WANTS A SOAP  
TO SOFTEN  
WITHOUT  
A GREASY  
FEELING

Now there's a soap  
that can clean  
without drying,  
soften without  
that greasy  
feeling. It's new  
Tone. With a  
unique cocoa  
butter formula,  
now with  
added  
glycerine.  
Get clean  
and soft  
... with  
new Tone.

NEW TONE. BALANCED TO BRING  
CLEAN AND SOFT TOGETHER.

NEW FORMULA!  
Glycerine &  
Cocoa Butter  
**Tone**  
SKIN CARE BAR







# "Wash that gray right outta your hair" in the South Pacific.\*

## Enter the Clairol Loving Care® Sweepstakes.

Loving Care is as easy to use as washing it in and washing it out. That's why our famous musical theme is so perfect for the Loving Care advertising campaign. And this year we're

offering a sweepstakes with a Grand Prize trip for two—where else—but to the South Pacific!

### What's so different about Loving Care?

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And Loving Care is gentle, because it has no peroxide and no ammonia, and it does have a super-rich conditioner. Loving Care wears out gradually in about six shampoos.

So if you change your mind, you can change it back.

And it's so easy to use. All you have to be able to do is shampoo your hair. Just pick the shade closest to your own natural color, wash it in, leave it on, and wash it out.

Sounds easy? It is. Easy enough to do on vacation in the South Pacific. Enter and you just might win. (Somebody has to!)

### It's as easy to enter as Loving Care is to use.

### Just answer these questions and fill in the boxes in the coupon below.

- Why is Loving Care so easy?
  - You just pick the shade closest to your own natural color.
  - You just wash it in, leave it on, wash it out.
  - All you have to be able to do is shampoo your hair.
  - All of the above.
- What makes Loving Care more gentle than some other haircolorings?
  - There's no peroxide.
  - There's no ammonia.
  - It has a super-rich conditioner.
  - All of the above.
- What's so different about Loving Care?
  - It covers only your gray.
  - It doesn't change your natural hair color.
  - It makes a difference in how you feel about yourself.
  - All of the above.

#### Grand Prize (1)

Premiere Deluxe First Class service for two to Tahiti via UTA FRENCH AIRLINES

for 7 days. Stay at the BALI HAI HOTEL on the island of Moorea for 4 nights, and the MAEVA BEACH HOTEL on the island of Tahiti for 2 nights.  
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A \$1,000 Evan-Picone wardrobe.  
**EVAN-PICONE,**  
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#### Third Prize (150)



**HALSTON**  
leather accessories.  
Retail Value: \$100 per set

#### Fourth Prize (1,000)

"COLOR ME BEAUTIFUL" book by Carol Jackson. Published by Acropolis Books Ltd.  
Retail Value: \$14.95 each

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#### OFFICIAL RULES

1. To enter, complete the official entry blank, or on a 3" x 5" piece of paper print (in block letters) your name, address and zip code. We'd like you to answer all questions about Loving Care printed above or on special displays at your favorite retail outlet. Enter as often as you wish, but mail each entry separately to: Clairol Loving Care Sweepstakes, P.O. Box 3019, Medford, NY 11763. Each entry must be accompanied by a proof of purchase cut from the Loving Care box OR the words "Loving Care" printed on a 3" x 5" piece of paper. 2. Entries must be postmarked by June 30, 1982 and received by July 15, 1982. We are not responsible for illegible entries, lost, late or misdirected mail. 3. Winners will be determined in a random drawing of all entries received, conducted by Lee Krost Associates, Inc., an independent judging organization whose decisions are final. All prizes will be awarded. Prizes are not transferable; no substitution of prizes is permitted, and no cash given in lieu of any prize. 4. This sweepstakes is open to residents of the United States except employees and their families of Clairol Inc., its affiliated companies, its advertising agencies, and Lee Krost Associates, Inc. Taxes, if any, are the sole responsibility of the winners. Only one prize to a family, organization or address. This sweepstakes is void wherever prohibited or restricted by law. All Federal, State and local laws apply. Winners will be notified by mail. Winners may be required to execute an Affidavit of Eligibility and Release. By entry into the sweepstakes, winners consent to the full commercial use of their name and photograph without compensation. In the case of minors, prizes must be accepted by parent or legal guardian. 5. The odds of winning will be determined by the total number of eligible entries received in the sweepstakes. Grand Prize trip must be completed by July 31, 1983. Retail value of the trip is based on New York departure, American Plan and/or Modified American Plan hotel accommodations. Travel, hotel and meal tickets/vouchers are non-refundable and non-transferable. Hotel and air reservations will be on a space available basis. 6. For a list of major prize winners (Grand through Third), send a stamped self-addressed #10 (9 1/2" x 4 1/4") envelope to Clairol Loving Care Sweepstakes Winners List, P.O. Box 1666, Medford, NY 11763. 7. NO PURCHASE NECESSARY.

## Clairol Loving Care® Sweepstakes Official Entry Blank

Enter answers here

1. ☐ 2. ☐ 3. ☐

To enter just follow the rules and mail to:  
**Clairol Loving Care Sweepstakes**  
P.O. Box 3019  
Medford, NY 11763

NAME \_\_\_\_\_ Please Print

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP CODE \_\_\_\_\_



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# Can This Marriage Be Saved?

## "Our teen-age son is ruining our marriage"

*Kay and Howard were both worried about their troubled adolescent, but they disagreed vehemently on how to deal with him. Can differences over discipline permanently divide parents?*

**T**his case is based on information from the files of the American Institute of Family Relations in Orange County, California, a nonprofit, educational counseling and research organization. The true story told here is drawn from counselors' reports of interviews. Names and other details have been altered to conceal identities. The counselor this month was Dean Smith.

### KAY'S TURN

"Our sixteen-year-old son is in deep trouble," said Kay, 42, a slim, pretty redhead with a soft Southern accent, "and the way my husband is handling the problem is tearing the whole family apart. Every night our dinner table turns into a battleground with Howard chewing Buddy out, and the boy slamming away from the table. My daughter and I are wrecks by the time the meal is over. I can't take much more, and I mean it.

"A month ago, the police searched Buddy's locker at school and found some cocaine paraphernalia. Buddy swears the stuff in his locker didn't belong to him. We know, however, that Buddy's been smoking marijuana for more than a year and that lately he's been spending most of his time with a boy named Jack, who's from a terrible family. In fact, the police had been watching the school because they thought Jack might be selling pot, or worse drugs, to the younger kids. Buddy is now under suspicion with the school authorities and the police.

"My husband's reaction has been to harangue, punish and belittle our son. Although there's a lot of good in Buddy, you would never know it to hear his father talk. I feel that we should encourage the boy, talk positively about him and show him our love. I just don't

understand how Howard and I could be at odds over such an important issue. We're alienated in a way I never thought possible.

"Howard and I used to get along beautifully. Married a year out of college, we planned on two children and when we'd have them. Buddy was born three years after our marriage and Louise arrived right on target a year later. We decided that I would stop working as soon as we started a family, and that we'd share responsibilities as parents. When the children were little, we rarely disagreed, and they never gave us any real trouble.

"Problems with our son started when we moved here from the South five years ago. Buddy is not a good athlete and most of the youngsters in our neighborhood are jocks. Buddy just never felt as though he belonged. After our move, Buddy's grades began to slide, first from A's to B's then C's. Buddy began playing truant in junior high school. We know he's a bright boy capable of doing better, but he has barely managed a passing average for the last three years.

"Then Buddy started getting chummy with Jack, who was giving him a ride to school every day. Like other kids his age, Buddy wants to get his driver's license, but my husband won't let him until he achieves a B average report card. That way we can get a Good Student Discount on our automobile insurance. We certainly don't need the discount, but Howard's stubbornness about it seems to be a way of punishing Buddy.

"Constant put-downs are another of Howard's disciplinary tactics. The other night, for instance, Buddy was scheduled to play in a school concert—music is his passion. When he came downstairs all

dressed up in the new suit we had given him for Christmas, I said, 'Howard, doesn't Buddy look super?' My husband glanced up and grunted, 'He looks like a bum in a suit.' I was furious. Buddy should be hearing 'up' comments, not cracks like that.

"Maybe this split between Howard and me was inevitable, since we were brought up so differently. I was the only child of comfortably well-off parents. My father adored me, and I worshipped him. I was what you might call a 'good little girl'; I don't recall my parents ever disciplining me. Howard, on the other hand, was the son of a marine sergeant turned skilled laborer, who firmly believed in physical punishment for his three children.

"Sometimes I think that our problems are also due to the fact that Howard secretly resents my success at work. I'm an administrative assistant to the president of a small manufacturing firm, and right now I'm completely reorganizing the company's filing system. The task requires so much overtime that I often bring home work with me. Because of my diligent efforts, I've been promoted three times since I started five years ago.

"I went back to work in the first place to help Howard out. In the years since we got married, Howard has been merchandise manager for four different companies, but none of the jobs measured up to his expectations. We moved here to California—clear across the country from our friends and family—when he accepted the last position. After that one didn't pan out either, he decided to go out on his own as a regional salesman on commission. His earnings have fluctuated, and my salary has been (continued)

By Dorothy Cameron Disney



A cowboy wearing a tan jacket and a cowboy hat is riding a white horse through a field of tall, dry grass. The cowboy is holding a lasso in his right hand. The background shows a line of trees and a cloudy sky.

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## THIS MARRIAGE

*continued*

backbone of the family's income. When returning to work would not pay. My children were the center of life for eleven years, yet I truly loved to back Howard in his career again. I didn't realize, however, that I could continue to expect the same meticulous housekeeping as when I was home full-time. He hates to find one dirty dish in the sink. Although I hired a cleaning woman half a week, Howard constantly nags his children to do the housework. I find that's absurd. They're only fifteen and sixteen, and they deserve to play.

The constant strain on our marriage, of course, affected our sex life. For me, there is such a big communication gap between us that I can't be physically warm toward my husband. Sometimes I think Howard feels the opposite. Sex is apparently his only way of communicating when other channels are closed.

Right now, however, I'm most concerned about what is going to become of Buddy when he turns eighteen. He will get into the state university system with a grade average as low as 1.0. If it were up to me, I'd finance a year at a private college, at least to give him a chance to show what he can do, but his father won't hear of it. I honestly think Howard would rather see his son grow up to be a failure than admit that he himself has made a mistake in the way he's treated

## BUDDY'S TURN

Buddy is a very smart boy," said Howard, a handsome, conservatively dressed man who chose his words carefully and rarely smiled. "He's also a liar, a pot smoker and spoiled brat. As a little fellow, he was a good sport with every prospect of becoming a solid citizen; he even sang in the choir every Sunday. I blame his radical personality changes on Kay's refusal to back me up in disciplining him. Apparently, my wife needed little discipline when she was growing up, and is now absurdly opposed to our children receiving any. If I suggested spanking when Buddy and Louise were little tykes, I met with fanatical resistance. Back then, Kay was home all the time and I was not, so her way prevailed.

When, a few years ago, our real problems with Buddy started. In high school, he began playing hooky. He's been in high school, he's brought home a book or done homework. Last semester he took two academic courses and still failed to make a B in (continued)



**"Get in the Pink"**  
**Switch to Sweet'N Low.**  
 Put less sugar in your life—get more out of living!





## THIS MARRIAGE

*continued*

either of them. He's at the top of his class in music and drama, but has rejected math completely. I feel he needs to understand that we expect good conduct and A's from him. My wife, however, insists, 'I was never told what kind of school grades I had to get.' She doesn't feel that we should show displeasure about—or even take notice of—Buddy's miserable marks.

"That's certainly not how I was brought up. My mother expected me to bring home A's, and I did. In sixth grade, I started working after school and earned my way through college. My parents believed that children should help pay for their education, and I agree. I don't think my parents were unduly harsh with me, but they gave me a licking when I deserved it.

"I can still remember one day when I had done something—I don't recall what—and I was running around the kitchen table with my mother coming at me from one side with a strap and my father, wielding a second strap, from the other. Obviously, *they* agreed about discipline.

"I can just imagine my parents' outrage if they had had a son who got in trouble with the law or involved in drugs, as Buddy has. They would have agreed with me that the casual use of drugs by youngsters today is horrifying. Yes, horrifying. I'm sure that smoking marijuana has caused some of the changes I see in my son. When I discovered he was using it, I cut off his allowance at once. Not that my gesture impressed Buddy. That kid can earn forty dollars every Saturday at the local car wash—when he has a mind to do some work.

"I was home when the school principal called to tell us that evidence of cocaine had been found in our son's locker. As soon as Buddy got home, we had a real blowup. I could have put him in a drug program then. Instead, I forbade him to see Jack. I told him his mother would drive him to school, and I would make sure he got home—and stayed home till the next morning.

"Buddy cursed me and tried to push me out of the way to get to the front door. Louise, who had entered the room in time to see me struggling, rushed to the phone to call her mother at work. By the time Kay got home, Buddy was barricaded in his room, or so we thought. In fact, he had tried to escape through his bedroom window, fallen off the shed roof and torn the ligaments in his right leg so badly he had to be hospitalized.

"Since then, I've become increasingly worried about Buddy. Kay, however, gets upset if I talk about my concerns at the dinner table. I bring

them up then because that's the first chance in the day I have to talk with my son. I also want to set an example in front of Louise, who is a real achiever in school. She shouldn't think that we're letting Buddy get away with murder or she'll change, too.

"I feel that since Kay has been working, she's become somewhat careless about our family life and our home. She says she doesn't wish to spend the little time she has with the children arguing over trifles. When Kay finally does get home, she usually has some work with her. The little time we could have together, she'd rather spend watching television than being with me. I'm usually asleep by the time she comes to bed.

"Sometimes I wonder if Kay won't back me up with Buddy because she's lost all respect for me. So far I haven't been as successful as I hoped in my business, but I have worked like a dog and have never let my family want for anything. Yet no matter what she thinks of me, Kay has got to join with me if we're going to shape up this boy. You can't bring up responsible kids, or for that matter keep a marriage going, when parents are on opposite sides of the fence about discipline."

### THE COUNSELOR'S TURN

"During our sessions, I quickly realized that Kay and Howard's disagreements over disciplining their son reflected deeper problems existing in their marriage," said the counselor. "Howard was indeed envious of Kay's business success and frustrated by what he saw as his personal shortcomings as a breadwinner.

"Howard, reared by a former top sergeant father and a mother who approved of iron-fisted males, felt inwardly weak and lost in a changing world. He despised himself for the many failures that had followed his hard-won college degree and resented Kay's quick string of triumphs in the labor market. He expressed his disillusionment with life through an acid stream of unfair criticisms directed at Kay's housekeeping, lack of order and discipline, and he turned supper into a torturous time for everyone.

"In one memorable counseling session, Howard admitted as much. This difficult acknowledgment automatically eased some of the tensions between him and Kay. She became far more sensitive to his needs, more patient and understanding.

"Soon they were able to air valid grievances—with discussion of Buddy set aside temporarily at my request. Their sexual relationship, a strong bond between them in the beginning of their marriage, quickly improved. Kay decided she could shorten her hours at work without decreasing her

efficiency too much. She made a point of talking about work less at home, agreeing the topic wasn't interesting to the others. For his part, Howard learned to curb his critical remarks especially at dinner.

"I'd like to report that Buddy's swollen attitude improved, but that wouldn't be true. The boy flatly refused to break off his association with Jack, and he continued to skip school. Worse still, to the distress of Kay and Howard, Louise began siding with her unregenerate brother and at times protected him in his lies. Although she declared that smoking pot was silly, on one occasion she concealed Buddy's supply for him.

"At this juncture, chance came into play. Two of Jack's older brothers were arrested in a roundup of local dealers, then jumped bail and fled in Jack's car. Jack went along with them and hasn't been heard of since.

"When Buddy heard of Jack's departure, he became very depressed and silent. His moroseness frightened his parents, but then Howard found a solution. The father offered to help Buddy buy a secondhand car, with the understanding that Buddy would work at the car wash every Saturday to pay for the auto's upkeep. Howard agreed to give permission for Buddy's junior driving license, regardless of his grades at school. All the promises were kept.

"Still worried about Buddy's use of drugs, Howard and Kay enrolled him in a rehabilitation program. Law enforcement officials, who ran the program, gave Howard a strict set of rules for Buddy to obey. For instance, the boy was forbidden to leave the house without permission, and he had to tell his parents exactly where he was going and when he'd return. Buddy attended a series of meetings where he came in contact with other teenagers who were living by the same rules. While Kay had been opposed to her husband's disciplinary actions, she was happy to have an organization that had a successful track record with kids lay out the firm guidelines. After several months in the program, Buddy gave up using drugs and, as far as his parents know, hasn't touched them again.

"Howard and Buddy are closer these days, though it seems unlikely they will ever be good friends. Now a high school senior, Buddy's marks are passable, and he expects to graduate in June in the middle of his class. He plans to earn part of his tuition at a private college.

"Not long ago, Kay and Howard attended a music festival arranged by Buddy at their church. Kay tells me that Howard was the proudest father present."





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Please allow eight weeks for delivery. Offer expires June 30, 1982 or while supply lasts. Offer good only in USA.



Send me \_\_\_\_\_ Sports/Travel Barrel Bags at \$16.95 each. Total order cost: \$\_\_\_\_\_ enclosed.

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Street \_\_\_\_\_

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**Send this certificate to:**  
The Great Taste Get Together Bag Offer  
P.O. Box 87521, Chicago, Illinois 60680



# Beauty Journal

Heartwarming beauty news for February: special pampering for softer skin, plus a bouquet of romantic fragrance ideas.

## Beauty backups: the next best thing in a pinch

Ever run out of an essential health or beauty aid (shampoo, toothpaste) and wonder what to do? Don't panic! For times when the beauty cupboard is bare, we offer the following low-cost substitutes. Some may become daily favorites, others are strictly emergency. Say you're out of:

♥ **Eyeshadow.** Borrow a rosy hue from your cream or powder blusher. Apply cream with pinky finger; use a cotton swab for powder. ♥ **Blusher.** Dot on some lipstick and blend as you would cream blush. ♥ **Face powder.** Cradle-rob some baby powder. Shake a small amount into your palm; apply with a soft brush or puff. ♥ **Lip gloss.** Petroleum jelly does the trick to add shine.

♥ **Eye makeup remover.** Make a clean sweep with baby oil; it works even on mascara.

♥ **Toothpaste.** Brush up with baking soda, a good makeshift smile-shiner. ♥ **Shampoo.** When you can't go another day, use bar soap. Follow with a vinegar rinse (1 part vinegar, 3 parts water). ♥ **Conditioner.** Add body with fresh or flat beer; build

strength with a protein mix (1 packet powdered gelatin, 1 quart water). ♥ **Deodorant.** For temporary protection, pat on some baking soda after showering.

## Humidifying facts

Telltale signs of winter: Outside temperatures drop, indoor thermostats rise and your skin becomes dry and itchy. According to dermatologist Marvin Brodey, M.D., of Lenox Hill Hospital in New York City, the increase of heat indoors robs the air of moisture... the very moisture that your skin needs to stay soft. To protect against "winter itch," try using a humidifier. By releasing vapor, a humidifier increases the moisture in the air, slowing down the rate it evaporates from skin. Other benefits: It removes static electricity from hair and clothes; makes breathing easier. Portable humidifiers range from 3- to 18-gallon units (\$45 to \$350), are well suited for apartments. They must be refilled and cleaned periodically to prevent bacterial growth. For larger homes, it may be a wise investment to install a self-cleaning central system that's connected to the heating or plumbing (\$500).



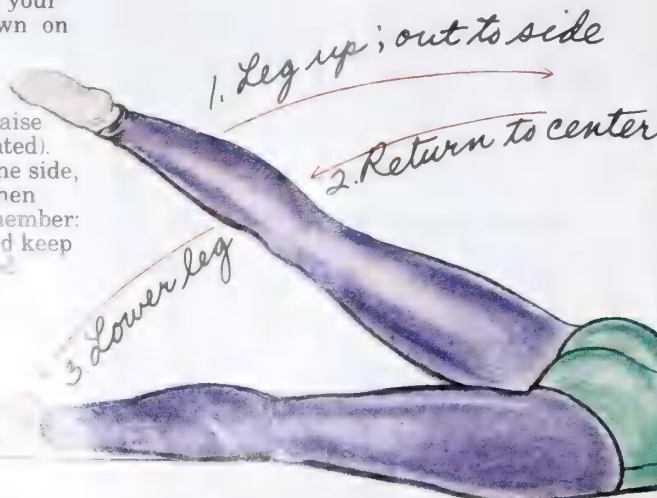
## Sweet scent-iments from the heart

Inspire a mood of romance throughout your home by filling the air with fragrance... perfect for Valentine's Day gifts! ♥ **Light** one—or even several—scented candles and create an aura of exotic drama. "Timeless" Ultra Crystal Fragrance Candle by Avon, \$12. ♥ **Send a love letter** on scented paper. Comes in a folio; 6 decorated cards plus 6 larger sheets you can use to line your lingerie drawers or linen closet. In 4 fragrances: Youth-Dew (musk), \$16.50; Aliage (herbal), \$17.50; Cinnabar (spice), \$18.50; White Linen (floral), \$20. **Luxury Sachet Papers** by Estée Lauder. ♥ **Tease** your senses with a scattering of perfumed silken petals. Toss some into a pretty glass bowl or small wicker basket to enhance any room. **Tea Rose petals** by The Perfumer's Workshop, \$10. ♥ **Feeling nostalgic?** Bring back the romance of yesteryear with a heart-shaped sachet (above). Ivory eyelet fabric with ruffles and soft brown ribbon. By Claire Burke, \$30.

## Exercise of the month

**Q** Can you suggest an exercise that I can do regularly to tighten and tone my derrière? I'd love to feel more comfortable—and look better wearing my new spring pants. —M.B., Concord, N.H.

**A** This exercise will start you on your way: Lie face down on floor with chin resting on hands. Keeping right leg straight on floor, raise left leg (as illustrated). Swing leg out to the side, return to center, then lower to floor. Remember: Point your toes and keep buttocks contracted. Repeat 10 times with left leg, 10 times with right. Gradually increase to 25 each.







SOPHIA

BY COTY

Like the woman who inspired it,  
always magnificent.  
Never the same.





*Would you believe she's an old-fashioned mom?*

# JANE FONDA



***Jane Fonda enjoys clowning with son Troy (above). But as a mom, the 44-year-old superstar is less liberal than you'd think. When it comes to discipline, she takes a surprisingly hard line! By Dorothy Ann Glasser and Stephen Decatur***

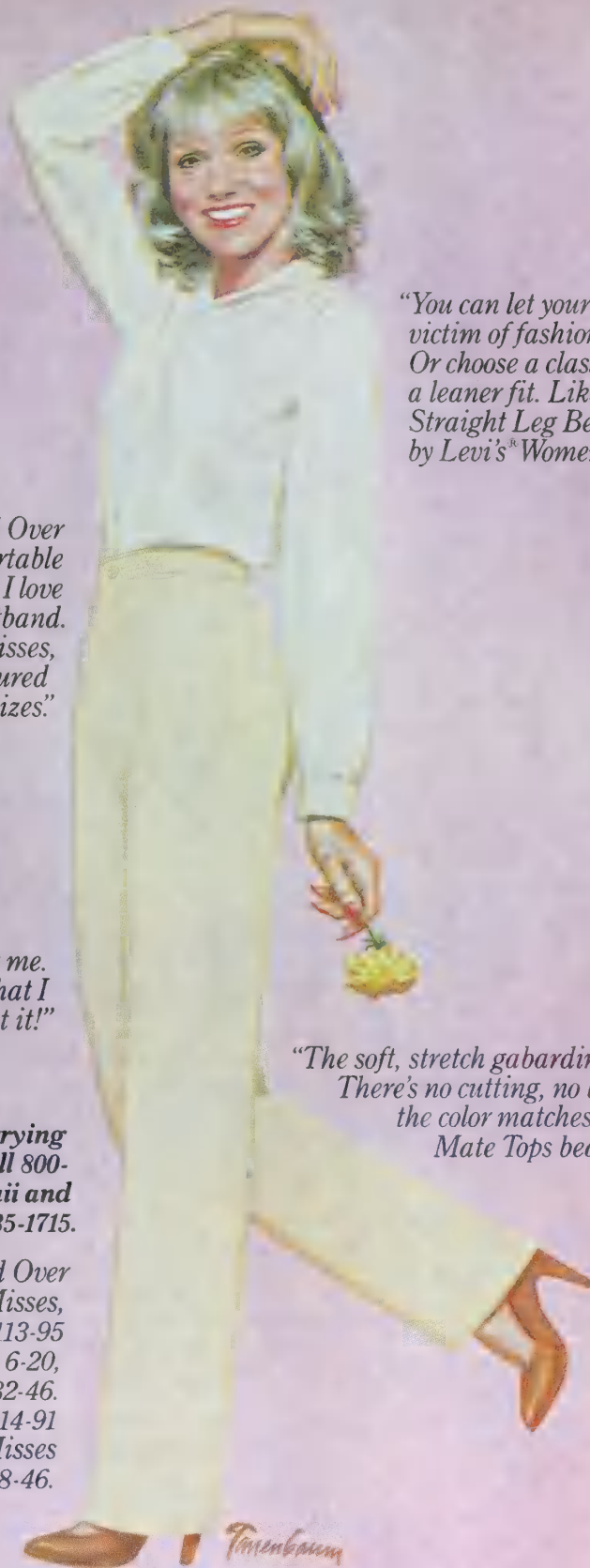
Jane Fonda has been away from home for two days, and the small frame house in suburban Santa Monica where she lives seems empty without her... especially to a nine-year-old little boy named Troy, who likes having his mom around. When he finally sees her car pull into a parking spot across the street—the house has no garage—the shaggy-haired boy races off

to greet her. “Mommy, Mommy, Mommy!” Troy is exuberant as he showers Jane with kisses. Jane Fonda, in real life, is “coming home.”

Hugging her son in response, the slim 44-year-old actress looks wonderful. Full, honey-colored hair tumbles to her shoulders and earrings dangle below the strong Fonda chin. Her clothes are simple: blue jeans (continued)



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**QUALITY NEVER GOES OUT OF STYLE.**



and a plain blouse. But what you notice most is the enviable figure. And the voice, rich and authoritative, is unmistakably Fonda. But there is a difference. The once-strident activist seems softer and more relaxed than in recent years—and with her superstardom so well established, the roles she appears to be enjoying most are those of mother, wife and daughter.

"It's a great feeling," Jane says later of the open expression of love by her little boy. "I mean, he just throws himself at me like a catapult, and grabs hold of me! I think Troy would say I'm the greatest thing in the world."

A biased opinion, Jane knows, because parenting hasn't always been easy for her. It is a role she admits doesn't come naturally—"You have to *learn* to be a parent," says Jane. "It's been real hard. And I know part of the reason I've had such a hard time learning is that I didn't have very clear parental role models when I was growing up. If you don't have that, you end up groping in the dark." Jane is referring to her troubled memories of her Hollywood childhood. The daughter of legendary actor Henry Fonda, Jane's growing-up years were riddled with family tragedy, broken marriages, loneliness and alienation.

Today, with the support of husband Tom Hayden, 41 (whom Jane considers a great father), the actress works hard to provide a good model for Troy and Vanessa, her 13-year-old daughter by first husband, Roger Vadim. But the past sometimes takes its toll.

"There are times when I see myself doing exactly the things that annoyed me the most about my mother and father," Jane admits. "Like being busy—'I can't right now, Vanessa. I've got to go to a meeting.' And the hurt always comes out later on... like the time Vanessa and I were walking down the street, discussing what she'd like to do when she grows up, and she said, 'If I become an actress, I *won't* have any children.'" A flicker of pain runs across Jane's face. "It made me sad to hear her say that because I know that on some level I've failed her."

"I've talked to Vanessa about my worry that I haven't been the kind of mother to her that I could have been. I talk to her about how guilty I feel that her early childhood, when her father and I were just separating, was an uncertain time for her. I have a tendency to let my children see my faults, because I feel it's so hard, especially for Vanessa, to be my daughter."

"Sometimes when I badger Vanessa about hurrying up in the morning or irritate her in any way, I worry that she might be on edge in school all day

because we've had a fight. And I think, 'Why... why did I do that?'"

"I can't expect Vanessa to be sympathetic—I wasn't with my own parents. But, God, I wish I could control it so that she won't imitate the faults that I have... and that my mother had."

Growing up, Jane never knew a stable home life. Her relationship with her parents was distant and fear-ridden. Her mother, socialite Frances Brokaw, who was in and out of hospitals during much of Jane's childhood, committed suicide when Jane was 12. And her father was rarely at home.

"I was terrified of my father," Jane recalls. "I was afraid of doing something to incur his disfavor. He was a powerful figure, a perfectionist. God help us if we didn't live up to his standards. He frightened me to death."

### No relief in school

If Jane was unhappy at home, there was no relief to be found outside. At school, Jane's classmates were "a bunch of fancy kids who wore dress-up clothes and uniforms and knew how to curtsy. I was always a shy, awkward kid," remembers Jane. "I felt out of place."

"The kids I most enjoyed playing with were the gardener's son or the boy who worked at the stables; kids who didn't live in any privileged way. And I always felt self-conscious when they would come over to my house and see all the servants and trappings of wealth. I felt set apart from the people I wanted to be friends with."

Feeling alienated from both worlds, Jane "did all those little things you do when you're young to get people to like you more." She's never forgotten one lie she told to keep up with Sally Jones, Miss Popularity at school.

"Sally Jones had a horse," remembers Jane, "and she was the cat's meow in school. Everyone thought she was a great rider. And I don't remember why, but I made up this whole story about my horse. But in truth, I didn't have a horse at all. And I suddenly realized I had backed myself into a corner since I couldn't invite anybody home from school—what if they asked to see my horse? I suffered tremendously from that."

Apparently, that early suffering wasn't enough to teach Jane her lesson. As she grew up, so did her lies. When French kissing and heavy petting became "status" at boarding school, Jane regaled her classmates with checklists of how far she'd gone sexually with boys. "Of course," says Jane, "I lied to beat the band."

By the time she got to Vassar College, Jane began to live out the sexy lies, and was generally regarded as "boy crazy." She dropped out of Vassar after two years of bad grades.

Jane is determined that her own children will not experience the same feelings of alienation that she did. "Telling lies and showing off to get attention are the mistakes I made that I wouldn't want my kids to make."

"And I vowed—and of course Tom feels strongly about it, too—that our kids would not feel any different from the kids they go to school with."

In matters of lifestyle, Troy and Vanessa probably *don't* feel set apart from their public-school classmates. For one thing, they don't go by the Fonda name. Vanessa uses her father's name, Vadim, and Troy goes by Garrity, Tom's mother's maiden name. "As someone who grew up with a famous name, I didn't want my kids to go through that," Jane explains.

For another thing, the children don't live in a fancy house. During the school year, they live in Santa Monica in a house that Jane says is "absolutely charming, but not the home you'd expect a movie star to have."

"It's in an old neighborhood," she says. "Most of the houses, including ours, were built around 1904, and they're not insulated. They're just wooden houses. You know, the kind of home where if you try to hang a picture in one room, the nail sticks out in the other room. ... There's nothing secret in our house!"

"When Tom and I bought it ten years ago for forty thousand dollars, it was a two-family house, and we turned it into a one-family. Troy and Vanessa each have their own bedroom; Tom and I have a bedroom. There is a living room with an alcove where we eat. Tom's office has a guest bed in it."

The street where Jane lives is crowded with homes built alongside one another. The family doesn't have a driveway. "We try to find parking on the street," says Jane.

### Not like her experience

If anything, Jane's children's experience is the reverse of the one their mother had growing up. When Troy visits the homes of his mother's movie star friends, he delights in the luxurious swimming pools and tennis courts. "He runs around like a little kid let out of a hovel," Jane laughs. "But he would *never* live in Bel Air." That, of course, remains to be seen.

While it is possible that Troy may rebel against the Hayden/Fonda no-frills philosophy, for now he appears to be following in his parents' footsteps. And while Troy does enjoy luxury swimming pools, he apparently hates limousines. "As far as Troy is concerned, they're gas guzzlers," explains Jane. The Fonda kids also go to great lengths to defend their mother's political and environmental stands.

(continued on page 22)





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On one occasion, Troy walked straight up to a heckler at an airport who was holding a sign, "Jane Fonda Is Not as Well-Built as a Nuclear Plant" and said, "I hope you know that's my mother you're talking about." And Vanessa seconded, "I hope you realize this means that you're in favor of deformed children."

But the Fonda offspring can be "just kids" too. "One day he asked me for some autographs. 'What on earth for?' I said. He told me: 'I'm going to sell them and make a lot of money.'" Not surprisingly, Jane's response was: "Are you kidding? No way!"

Jane seems very content today with the lifestyle she adopted in 1973 when she joined forces with radical Tom Hayden. In her day-in, day-out performance as "one of the people," Jane washes dishes, does the laundry and stands in line at the supermarket. At first, many people balked at "The Little Rich Girl" playing "Everywoman." The loudest balks—and harshest words—came from Jane's father, who used to refer sarcastically to her home in Santa Monica as "the shack," and once, when asked about his daughter's leftist activities, responded, "What daughter? I don't have a daughter."

Today, father and daughter are on the best of terms. In their new movie, *On Golden Pond* (released in December), art and life merge as Henry and Jane embrace on screen with a renewed father/daughter closeness.

Jane says that she now understands the problems Henry had as a parent; that she knows she hurt him in her rebellion. "I regret the lack of compassion that I had toward my father in particular (my mother was already dead) as I became an adult."

Making up for lost time, Jane ensures that she and her children see a lot of Henry, especially now that his health has been failing. "When Dad was so sick a couple of months ago, we all spent most of the days and nights in a little room just outside the intensive care unit. The kids were acutely aware of the danger that he was in, and we talked about it and shared our concerns. It's an important part of life . . . I mean, if I found I had cancer, I would not only tell my children about it, but would have them participate in the process of my decisions about how I would deal with it.

"You know," continues Jane, "my father is a very taciturn, introverted, shy, non-demonstrative kind of person. That kind of person isn't always the easiest parent to have. But there's one thing I feel now, and that is that he loved me very much. Very, very much. And that's the bottom line.

"My mother, on the other hand, was loving, but not affectionate. She was very fashion and society conscious. She traveled in an extremely rich, upper-crust, Republican society. And I don't think she would have understood me at all. Absolutely not . . ."

Today, Jane says, "It's much easier for Tom to express affection than it is for me—I'm like my father in that way. But Tom is demonstrative. He's an extremely good parent.

"And it's also much easier for Tom to discipline the children without screaming or hitting. He's a very stable, peaceful person and that kind of person makes the best parent.

"Actors are not very stable or peaceful people," Jane says, "but I think my kids like and respect me. I'm not as awesome a parent as my father was, but my kids would not break a very serious rule because they would be afraid of making me mad at them."

Jane feels that the best kind of discipline is the kind that results from mutual love and respect between parent and child. If that's the case, "Then all you have to do is say, 'No! You will not do that!' The guidelines should be clear—and then there's no problem."

#### Guided by her mistakes

Her own mistakes about sex are what guide Jane in setting up parameters for her children. "Thank God," she says, "that the kids at Vanessa's school aren't involved in sex and drugs [she knocks wood]. But when Vanessa began entering adolescence, I realized it was time to talk to her. Now she knows the facts of life. Both of the children know the physical part of it. But lately I've tried to tell Vanessa how beautiful sex can be if you love the person you're with. If you feel close to them. It can be so pleasurable. It can also be nasty as hell if you give yourself easily, if you don't have real emotions about the person you're with—and I don't care if it's copulation or kissing; if you start off wrong, and you go too far too fast, it can take years to come back. It can spoil you.

"I don't want this to happen to Vanessa. I want it to be good for her, and I want her to take her time and really understand what her heart tells her."

On the issue of drugs, Jane and Tom are much more rigid. Their rule?

"No drugs and no alcohol at any time! Absolutely none! As long as our children are growing up and living with us, and their bodies are still changing, drugs of any kind are forbidden.

"Tom and I have talked about it, and we both felt that we had to lay absolutely clear guidelines. In our house it is not 'If you want to do it, come home and do it here.'"

And, in case the strict rule is violated, Jane has a very definite plan in

mind: "I'll take them right down to the hospital, to the floor where all the burnt-out kids are . . . the adolescents with their brains fried. And I will take them through that ward and show them the consequences."

Henry Fonda once said that he was in a business in which being a good parent wasn't possible. Jane seems to be fighting this idea all the time. "I'd certainly be a very unhappy woman if I didn't have children and I wasn't a mother," says the actress emphatically.

But she is also realistic. "I feel very uncomfortable sometimes when I'm made to look like a superwoman who does all these things at once, and does a great job at them all. I don't. It's hard, and something gets sacrificed in every area. I take parenting very seriously, and I'm constantly trying to improve."

The public often feels that Jane sees herself as infallible . . . cast in bronze. But the people who know her well realize she's far more insecure, sensitive—and even shy—than the image she presents. Jane admits to lacking in self-confidence and wanting to be liked. "I'm not really all that aggressive," she says. "I seem to be because I have a lot of energy. But oddly enough, and I'm sure this will surprise you, I'm not really that way. When I'm sure of something, I can move forward very fast. But I have a very hard time getting up and making speeches—or asking for money at fund-raisers. I absolutely hate it. My palms sweat . . . that's why I'm an actress; there's a part of me that wants to hide behind a mask."

#### Stability

Jane credits her husband for the stability she does have in her life today. The bad memories of childhood, the harsh words and difficult moments in her past have been replaced by warm gestures of familial love.

Put to rest are the rumors that circulated last summer during the filming of *Roller* that she and co-star Kris Kristofferson became romantically involved. "There's not a grain of truth in it," she says, brushing the idea aside. "Tom and I have a good ten-year relationship.

"I think all the things Alan Alda says about marriage are true. That if you don't panic too much when the blush of passion takes its first ebb, which it invariably does . . . and you stick it out . . . and if there's a foundation of respect and affection and shared experiences . . . there's the ebb and there's the flow. And part of the wonderful thing that happens when you have a decade together is that you know that there'll be more ebbs and there'll be the flows. Tom and I have a very solid relationship—I look forward to growing old with him."



WHAT'S YOUR *Sara Lee* FANTASY?



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that I was trapped inside  
a Black Forest and had to  
eat my way out."  
Glenn Wolf

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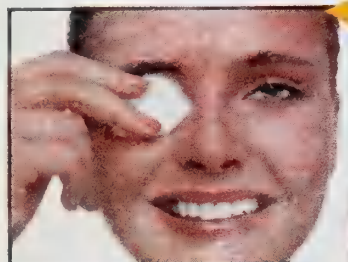




# BEAUTY Step-by-Step Home Facial

**Want a good facial? You can do it yourself with our expert advice. Simply follow this easy routine designed for all skin types.**

By Marlene Dillman



**1** Using a cotton ball and eye makeup remover, gently wipe from inner to outer corners of lids. Repeat motion under eyes.



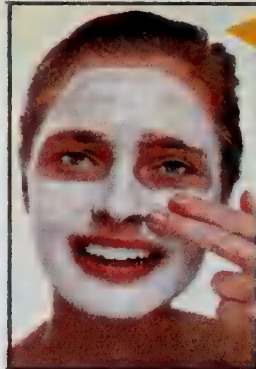
**2** Lather face with mild soap or facial cleanser, using hands instead of cloth. Rinse with lukewarm water; rinse twice more.



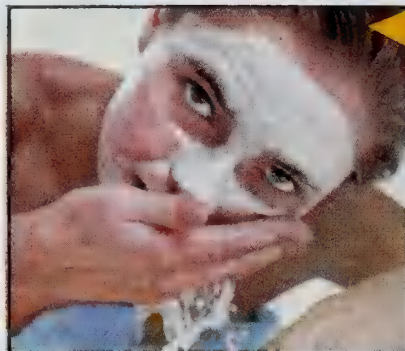
**3** Heat some tap water to a low boil. Remove from heat and pour water into a large bowl. Drape a towel over your head so steam will be trapped. Bend over, holding face directly above the bowl. Maintain position for three minutes. Skin perspires and softens, releasing dirt and excess oils.



**4** For blackheads, you could try using a remover (available in drugstores). Dermatologists recommend caution: Sterilize remover first; apply light pressure to blackhead; do not attempt if inflamed.



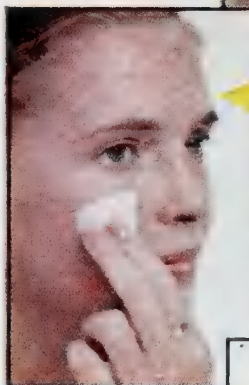
**5** A facial mask that suits your skin type removes skin debris, gives your complexion a healthy glow. Apply a rinse-off (clay, mud) mask evenly over face, avoiding eye area. Leave on according to directions.



**6** Follow by rinsing with tepid water until all traces of mask vanish. Splash face once again, then pat dry with a soft towel.



**7** For a tingly-clean sensation, moisten a cotton ball with freshener (for dry skin), toner (for normal) or astringent (for oily) and sweep over face. This removes mask residue and "tightens" skin.



**8** A moisturizer that suits your skin type provides a perfect base for makeup. Use two fingers in an upward circular motion to apply on face. On neck, use longer "feather" strokes.



**9** Whenever skin looks tired and dull, treat yourself to this easy facial. Then highlight your freshly glowing skin with soft and natural makeup.



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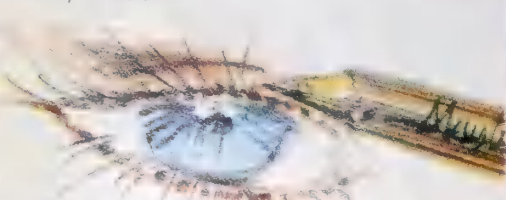
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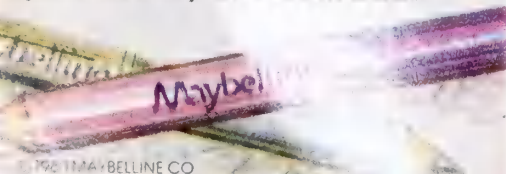
To make eyes look bigger, draw a line at the very base of your lashes, using smoky color with a sharp point.

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it's not easy to be a woman today By Susan Grov

## "I kidnapped my husband"

*As parents of four young children, Chris and I had all but forgotten what it was like to be alone together—until I decided to rekindle the flame between us.*

There is nothing wrong with my marriage. In so many respects my husband and I are "made" for each other. My housewife routine complements his hectic white-collar world. But one day I decided there just had to be a bit more to life than carpools on Wednesdays, shouting at the kids and *General Hospital*.

I wanted to be alone with my husband again—not with Chris, the man I've been married to for 14 years, father of four, branch manager of a freight company—but alone with Chris, the romantic I had fallen in love with in high school. I wanted to bring back the closeness in our marriage. So I decided to kidnap my man for two days of nonstop romance.

If I had told him my scheme, he might have thought I was going crazy or watching too many soap operas (or both), so I had to surprise him. First, I got organized. Meticulously I worked out the details of the "heist," surmounting snag after snag. Forget the church barbecue. Forget softball practice. Forget the weedy garden, waxless car and worn-out weather-stripping. This was going to be our weekend to end all weekends.

### Investigating cozy hideaways

Two months in advance, I wrote to our auto club for information about resorts in the area. As I sorted through the reams of brochures and maps the club sent, I considered the distances and costs. After all, I didn't want to spend our entire weekend driving when just being a hundred miles away would do. Also, I wanted to pay for *everything* myself, so I stepped up my schedule of spring-cleaning jobs for neighbors who worked full-time.

Within days, I had narrowed down the list of getaway places to half-dozen or so possibilities. I finally chose a lovely retreat in Simeon, an area best known as site of William Randolph Hearst's baronial castle. One photograph of a pamphlet showed a craggy, secluded beach bordered by end breakers and tide pools. Another displayed a tastefully furnished room with a wood-burning fireplace. Yes, there was even room service. Perfect! Even if it rained, as often happened in the early spring in central California, we'd be cozy. The next I sent a money order to the resort, covering the entire amount so that nothing would change my mind.

Finding temporary homes for our four darlings turned out to be no trouble at all. My peculiar love of the outdoors seemed contagious. Even our friends volunteered to trade full weekends alone with their kids for bands for the care of my brood during our little adventure. The children, Jeni, 13; Molli, nine; Tom, and baby Joy, two, all seemed delighted at the prospect of spending the night at their friends' house. More than once I was certain that my secret would leak out of eager lips.

After weeks of anticipating the long-awaited weekend was finally upon us. Friday afternoon I told an outright fib in order to trade my pick-up truck for a comfy business car. I loaded the trunk with our jam-packed suitcase, which nestled easily next to the spare tire. I also packed two crystal glasses to enhance the chilled bottle of wine I had ordered with our accommodations. For fun I added the children's record player and an impressive stack of "songs." Our eldest (continues)



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## IT'S NOT EASY

*continued*

suggested I take her backgammon game just in case we got bored. I declined the offer!

On that evening, when he opened the door, an exhausted Chris was greeted by a screeching toddler, a practice session of "Heart and Soul" in D Minor and a hysterical teenager pleading for a ride to the roller rink.

Later, after dinner, Chris sat in front of the fireplace strumming his guitar. The poor guy looked so tired and low-down that I was sorely tempted to tell him my secret just to cheer him up. Luckily, my mom called just as I was about to confess. When we hung up, Chris was already asleep, so I watched *Dallas* by myself and then went to bed.

### Swamped with doubts

As I drifted to sleep that night an ocean of doubt overtook me. What if he had planned something really important this weekend that I didn't know about? What if the baby got hurt while we were away? What if we enjoyed ourselves so much that we decided never to come home?

At six-thirty Saturday morning, Joy reminded one and all that nobody sleeps late at our house—not even on such a special occasion. But what a custom-ordered day! At that moment I knew I could follow through with my scheme exactly as I had rehearsed it in my mind.

When Chris asked me what my plans for the day were, I almost laughed. I replied, "Remember, you promised to take me out to breakfast?" While he went out to start the car, I phoned the baby-sitters with the "all-clear" signal, and hugged and kissed each child as if we would be away for an eternity. Then, as we got into the car, I moved into my abductor's role.

"Where do you want to eat?" Chris asked innocently.

"Oh, someplace like San Simeon," I replied.

"Sure. Tell me another good one."

"Okay, you've just been kidnapped," I answered, pulling out one of Tommy's toy pistols. "Do exactly as I say and no one will get hurt. Head north, and I'll tell you where to stop."

"Anything you say, ma'am."

Before we reached the first stoplight, he could have won an Oscar for best supporting role. It was as if we were acting from the same script, and he knew his lines perfectly. This was our own little movie in Technicolor. Chris and I were really alone for a whole weekend! A dream come true!

When we arrived at our destination, we were awestruck by the beauty of the scenery. Endless miles of shell beach on the shores of the Pacific beckoned us. Barefoot, we chased each other down

the beach and collapsed in each other's arms at the mouth of a cave. Something undeniably romantic about this place stirred up cravings I had forgotten existed. The anxiety lines on Chris's face softened and his mouth relaxed into a sexy smile I hadn't seen in years. For a moment I wondered how I looked to him, but his obvious pleasure assured me that I didn't need to ask.

Later that afternoon, we bought a few gifts for the children at a small shop. To my surprise, I realized that this was the first time I had thought of them all day. Strolling back to the inn, we reminisced about how we had met and concluded that although those had been happy, carefree days, we both preferred the joys and tribulations of parenting. Chris imitated an old man hobbling along as we spoke about our future together. We dressed up for a candlelight dinner in a fancy restaurant.

Before we knew it, Sunday morning dawned. Still groggy, I woke up feeling melancholy, a sweet sort of sadness. My mind drifted into a romantic never-never land. I wanted to know what time it was, but I couldn't turn over: Chris's arm was around me. That was the first time in years I could remember waking up with his arm encircling me. Deep sigh. I turned over lazily and kissed him. We called room service for a hearty breakfast in bed.

As we drove home at a leisurely pace we vowed that we would renew our relationship any time the routine of our daily lives overpowered our love for each other. Next time we would plan our escape together, though. And ever since then, we've been collecting a running file of glamorous resorts.

After that weekend, however, I am content with the carpool, the garden, the church barbecue and my energetic family. Nothing has changed except my relationship with Chris. We are more in love than ever.

En

We'd like to know how you, as a woman, are facing your own life and problems. We'll pay \$250 for each manuscript accepted for publication in our "It's Not Easy to Be a Woman Today" column. Tell us how you are resolving a specific situation, large or small, that represents the changing times in which women live today. Manuscripts should be about 1,000 words, typed if possible, and should be accompanied by a stamped, self-addressed envelope. Please send all entries to: Box 1NE, Ladies' Home Journal, 641 Lexington Ave., New York, N.Y. 10022. Be sure to keep a copy of your manuscript. We cannot be responsible for lost or damaged manuscripts, but we will make every effort to see that your manuscript is returned to you.



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*A story of personal courage*

# Kathy's Triumph

They told her she would never walk or talk or learn to read. But Kathy wouldn't listen. She was too busy fighting to get what she wanted—an education, a job and a family of her own.

By Sherry Suib Cohen



*Kathy and Ed Lewis with daughters, Vicki (center) and Krystal*

**T**he memories came flooding back as I listened for the doorbell. I was waiting for Kathy, but I had no idea who Kathy would be, 22 years after I'd last seen her.

I had been her teacher when she was 11 years old and I was fresh out of college. The Kathy I remembered was never out of her Brownie uniform. She was a blond, irrepressible, giggly fluff who loved the fact that we shared the same birthday. She was everything an 11-year-old should be, except for one tragic fact: Kathy had cerebral palsy.

Once the experts had said Kathy was "essentially hopeless, massively retarded and physically handicapped." They had also said that Kathy would never walk. Yet walk she did—lurching, sprawling, falling, getting up again, but make no mistake . . . walking. And she was the child who the experts had said would never talk, but talk she did—groaning out the hard syllables, pushing out the long words even though the sound of her own voice embarrassed her. And because she was labeled retarded, most people said she would never read, but read she did, turning the pages with her elbow or her tongue until she finally learned to coordinate the small muscles of three fingers on her hand.

My class had 13 children—all of whom sat placidly, acceptingly in their wheelchairs. But not Kathy. She accepted nothing. "You can't just give up, Petie," she said to a little boy who could not walk or talk at all. "Look—we all know you have *ideas*. I know

what—blink once for 'Yes' and twice for 'No' when I ask you questions and then I'll know what you're thinking!" And, simple as that, she gave Peter a reason to live.

Kathy raged, she fought against all the forces that tried to make her dependent and resigned. She never gave in, not even to the well-meaning professionals who said teaching her to read was not important: The only thing that could possibly matter to Kathy was to get her to walk, and, for heaven's sakes, to get her to lower that incessantly moaning voice. What, they asked in knowing tones, could mathematics and literature matter to her?

Plenty. For Kathy, learning was her way of surviving.

I loved that eager little girl, and I never forgot her, even years after I stopped teaching. She had such unique spirit. I often wondered how her life turned out. What happened to her? Did she end up in some sheltered workshop? After all these years, would she remember me?

These questions nagged at me, and finally I decided to find out. I wrote to our old school asking about her. They sent me Kathy's address, and I invited her to visit me. When the doorbell rang and I opened the door, I knew that after more than 20 years, I had truly found Kathy again.

She was 34 years old, but the grin on her face and the warmth of her manner unmistakably belonged to my 11-year-old Brownie. And just like the Kathy I had known long ago, she had proved all the experts wrong. In adult-

hood she had found for herself what she was told she would never have—a family and a happy home life.

At her side was her husband, Ed, a tall, obviously palsied young man. "And these two," she said, turning with pride to the two blond perfect pixies next to her, "are my daughters."

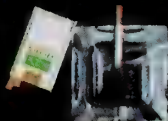
I hugged her and drew them all into my living room. Her rolling, unsteady gait had not improved much, and I could see how carefully she avoided the tiny, porcelain figures on my coffee table. Ed walked with an even more pronounced stagger than she. He gripped my hand in a warm hello, and although I initially had difficulty understanding his speech, I soon realized that Kathy had truly married her match.

"Were you really my mommy's teacher?" asked seven-year-old Vicky. "Can you tell me what she was like when she was little?" Oh, there was lots of telling to do that night, as well as lots of tears that I had to swallow because, for the first time, I heard Kathy's whole story. The three years we had spent together were just the smallest part of her inspiring saga.

"I think the first time I really understood that I could be trapped by my handicap was when I was three and went to the hospital for a tonsil operation," remembered Kathy. "I had been toilet trained since I was one and was drinking from my own cup, but no one at the hospital would bother to take the time to understand my pleas.

"They shoved a baby bottle in my mouth and put me (continued)





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## KATHY'S TRIUMPH

continued

in diapers, and I remember frantically trying to tell them that I was too old for that. But they just shoved that bottle further down my throat and left me to soil the diapers. I cried with anger and frustration and shame. I'd been so proud of my 'grown-up' accomplishments. That was just the beginning.

"It was my parents who worked valiantly to create this need for independence in me," said Kathy. "They'd watch, with breaking hearts, as I rolled on the floor to get a toy in another room. My grandparents thought my parents were rotten to be so tough on a poor crippled baby but, oh, the sense of victory when after sometimes an hour I'd get that toy!"

Kathy was about seven when the specialists reported that further efforts to help her were useless. "Put her in an institution," was their solemn verdict.

Her parents knew better. They were frightened and discouraged, but determined to put their little girl on her feet. They'd heard of a school just for cerebral palsied children.

"In one way, the school was good," recalled Kathy. "They gave me all kinds of physical therapy, and I began to be able to do some things for myself.

My speech became more intelligible. The therapists and teachers began to understand what I was saying, but still, nobody was really listening . . . so I began to make trouble.

"The typical handicapped kid sat in her wheelchair, obediently coloring, waiting. I wanted to write. To learn.

"Boy, was I frustrated. Once I remember telling another kid, 'Joanne—practice holding the pencil right! You'll never learn to write, let alone crutch-walk, if you don't try.' My therapist was furious with me. She said it was foolish and unrealistic to tell my classmates they would walk or write one day. I shouldn't be raising unrealistic hopes. Well, hope was all we had. And I wasn't about to give it up, unrealistic as they said it was."

### I had come to teach

I remember coming to the cerebral palsy school at about this time in Kathy's life. I had come to teach, and it never occurred to me to discourage these kids from learning. It took a month to teach Kathy to read, though in a way she taught herself because her yearning to learn was so intense.

"Do you remember giving me *Tom Sawyer*?" cried Kathy in my living room 22 years later. "We even made a play of it, and I was Becky Thatcher, the star! I'll never forget it."

Probably the most terrible thing for handicapped children is the lack of playing—of contact with other kids. Many parents erroneously thought—and still think—that cerebral palsy is contagious. They wouldn't permit their own normal youngsters to play with the less fortunate ones for fear they might "catch" something. (Cerebral palsy is a condition caused by brain injury that occurs either before birth or early in an infant's life. The symptoms range from poor coordination, muscle spasms and seizures to problems with concentration, seeing and hearing.) For years Kathy did not know why other children didn't play with her—she only knew she had no friends, and she was desperate to play.

"My father built me a life-sized dollhouse in the hope it would attract some children to my home. What a magical thing it was—with furniture, little curtains and window boxes with real geraniums. You could stand up in it! It had everything but kids. Just me, sitting alone. Finally, the temptation of my playhouse was too great, and three little girls came one day. I was beside myself with joy. But they stared at me. I was nothing they'd ever seen before. I couldn't change the doll's diaper, hold a spoon and feed her properly, or latch the door. I tried, but I always dropped that doll.





Shes stupid," said one little girl. "They can't do anything right." They pushed me outside and latched the door of the playhouse, which is where my father found me.

"Get up," he said. "Go back in. This is your house. Throw them out." He was as well-meaning, but it was the wrong advice. I told them to leave, but they didn't come back. It was terrible," said Kathy ruefully.

"In the end, I had to fantasize all my life. I fantasized that I could gently lift, diaper and rock that doll-baby. Oh, I was such a wonderful mother, in my head . . . but I was determined to live in the healthy world."

### Victories and agonies

For this determined little girl, there were victories along with the agonies. At 13, she managed to dress herself. Her school work was coming along splendidly, even though she had never been tested against "normal" teenagers. And the biggest achievement of all: She learned to manage by herself in the bathroom, which meant that she no longer had to depend on aides to help her with personal body functions. It was at this time in her life that I said good-bye to Kathy and left teaching to marry and raise my own family. The school and even her parents believed she had gone about as far as she

could, and they discouraged her from dreaming of a life that they considered impossible.

"When you left, the emphasis once again was strong on physical therapy and almost nonexistent in the educational areas," she told me those many years later. "I was told to relax, to color while the rest of the class caught up with me. 'What will happen to me if I don't learn more?' I would ask. 'Don't worry,' would come the answer. 'You'll always be taken care of by the state. You'll be safe in a sheltered workshop with other handicapped people. Relax.'"

"Relax? I couldn't. I threw the crayons back at them. I talked back. My parents, who were finally resigned to the fact that I'd gone as far as I could go academically, lashed back at me when they became frustrated with my demands for harder books, bigger numbers. 'Be good,' they all said. 'You're a good little girl. Show us how good you can be.'"

But Kathy didn't want to be good, and she didn't want to be taken care of by the state or anyone else. She wanted to live like other people—to use her mind, to take care of herself, to grow up to have her own house, family, people to love. It was a gigantic struggle for a life that so many other women take for granted. As I watched

Ed's loving gaze on his wife, I knew it was a struggle she had won.

"I started to act crazy," she explained. "I banged my head on the wall. I laughed maniacally. When they asked me what I was drawing, I solemnly said, 'DEATH.'" The administrators of the school and Kathy's teachers began to believe they had a suicidal child on their hands, and they sent her away to a children's hospital, where most of the other patients were recovering from orthopedic surgery.

At the hospital's "normal" school program, Kathy saw her world open up again. Exposed for the first time to French and science, she got 95s on her report cards, and became convinced that she could compete intellectually with anyone. Secretly, she began to entertain the idea of going to a real high school and even to college. And finally, on the basis of her academic success, she convinced the authorities at a regular high school to take her in.

"But again, it was an uphill battle," said Kathy. "The teachers, trying to be kind, gave me easier assignments than the rest of the class was getting. 'Please,' I begged them, 'Please treat me like the others. I need to get to college.' The day she received a failing notice in algebra was one of the happiest of her life. It meant she was not being patronized. (continued)

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## KATHY'S TRIUMPH

*continued*

She graduated from her normal high school—and later college—knowing that her victories were real.

And then Kathy did the unexpected again. She started a small private social service practice that said, "Yes, you can," to disabled people when everyone else said, "No." Parents of disabled children wheeled and carried their kids to her home for counseling, and after several years, the high school that was initially reluctant to accept her had a *Kathy Day* of tribute.

There was only one thing missing: the matter of romance. It seemed the one miracle that might not be possible. But no one knew that all her life, ever since those dollhouse days when she'd played "Mommy" in her head, Kathy had been shooting for the biggest miracle of all: real-life motherhood.

"I was twenty-two and I was visiting a friend who lived in an apartment-hotel in New York City," Kathy said, recounting her love story. "We were having a cocktail in the hotel lounge when I saw him. Tall, slender, blue-eyed, his hand shook as he sipped his drink, and I knew instantly that he was cerebral palsied. Marge, my friend, chattered on for an hour, and all the time I couldn't take my eyes off

him. I heard him talk in the same measured speech as my own that so many people thought was the result of drunkenness. When it became apparent that looking was all that was about to happen unless I made a move—I did just that. Made the first and only overt social move of my life."

That night Ed and Kathy talked for hours. She discovered that Ed, like herself, had taken control of his own life, and "wasn't on the take from anyone." After two years of dating, the two were married.

### I was beautiful

"For the first time in my life, when I looked into the mirror on my wedding day, I thought I was beautiful," Kathy grinned. "Becky Thatcher. The star. My father picked up my veil and kissed me good-bye. And cried. Then the whole church was filled with muffled sobs. I didn't cry—I was jubilant. So many people had said I couldn't make it, and there I was getting married. God, how I loved that day!"

But the doomsayers were still around—shaking their heads at the prospect of two cerebral-palsied people supporting themselves. When Kathy tried to be an Avon lady to make money, doors were slammed in her face because customers thought she was

drunk. When Ed was offered a job of \$550 a month for a clerical job, they were urged to turn it down, and instead the \$800 they could receive from public assistance.

The real trouble came when they decided to have a child.

"When I didn't become pregnant after a couple of years, we had usual tests," Kathy told me. "Ed was told that his sperm count was normal, and that made him as happy as a little kid. 'Normal' is a big word. But we were still becoming so frustrated, angry, even defeated when months went by with no pregnancy. I envied each mother I saw.

"And then, one month, I knew the biggest dream of all was happening. I was going to have a baby, and I wanted that baby more than two people have ever wanted anything."

Again, the real world tried to interfere. Again, Kathy wouldn't let it bring her down.

A week before she was due to have the baby by cesarean, the doctor rang at her home in Long Island City, New York. When she opened it, a nurse introduced himself.

"Why did you become pregnant?" he demanded of Kathy. "Didn't you know anything about taking precautions? We strongly advise you to sign papers and give your baby up for

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er care. It will be impossible for you  
to care for it properly."

Kathy was horrified. Shaking with  
age and terror, she ordered him to get  
out. But it was not the last she or Ed  
saw of him.

Vicky was born at 8:20 A.M. on a  
crisp fall morning, and the new par-  
ents hugged themselves with joy at the  
perfect infant. Kathy shunned the  
wheelchair that was offered her to see  
her daughter a few hours after the  
birth, and with two nurses assisting  
her, walked to the nursery window.  
"I'd had enough trouble getting out of  
that damned wheelchair. And I wasn't  
going to see my baby for the first time  
from that vantage point. I stood there  
for an hour just watching that miracle  
child. Mine. All mine. And there was  
no one to throw me out and latch the  
door of the dollhouse."

"The social worker came back. Ev-  
ery day, he came. 'Trust me,' he'd say.  
I know what's best. How can you both  
do this to a normal child? How can you  
do it to yourselves? Don't you have  
enough problems already? Just sign  
these papers . . ."

#### Not a toy

"The pediatrician at the hospital put  
in his two cents. 'A baby's not a toy,' he  
said. 'It's not fair to burden it with  
such massively handicapped parents.  
Sign the papers.'"

"Never!" said Kathy and Eddie.

"That was Vicky, my baby," smiled  
Kathy, gently touching her eldest  
daughter where she sat on my couch,  
seven years later. "You know, when I  
was alone with Vicky for the first  
time, she cried, and I picked her up  
without thinking of anything else.  
Drop her? Never. When you have to do  
things, you do them. And Vicky was  
not home a week when she learned, by  
instinct I guess, to grab hold of me, my  
clothes, my hair, whenever I held  
her—as a little monkey does. I held on  
for life, and so did she."

"Four years later, Krystal was born.  
We were old hands by then. We were  
the strongest family in the world."

The children accepted Kathy and Ed  
and their problems with equanimity.  
Sometimes friends laughed at their  
parents, and they were discomforted.  
But the important thing is that we're  
dealing with it," said Kathy. "We ex-  
plain that everybody is different from  
everybody else, and it's okay if they  
feel a little sad when their friends  
can't understand this at first."

"But you should have seen Vicky at  
the supermarket last week. A little  
boy was pointing at me and jeering.  
I stood quietly, she walked over to him  
and said, 'Don't you point at my  
mother. She's handicapped, but she's  
smarter than your mother and I love her!'  
That's a child who has been irre-

vocably hurt by having a mother who  
walks funny? I think not."

As Kathy, Ed, Vicky and Krystal  
were getting ready to leave that night,  
after hours and hours of talking, we  
hugged each other, and she laughed.  
"You know, it's kind of funny, but  
while many women were fighting to  
get out of the house, to get away from  
apple pie and motherhood, all I ever  
wanted was to be the mother of these  
two girls."

A week after Kathy's visit, she  
called me.

"Remember the school principal  
who said I was emotionally disturbed,  
that I would end up in a sheltered  
workshop?" she asked. "I met him

again last night after a lecture I gave  
on the problems of the handicapped.  
He came up to me with some other  
people, put his arm around my shoul-  
der and said, 'Look at this young  
woman . . . how far she's come! I'm  
proud to say I got her here.'

"I looked him straight in the eye,  
removed his arm and said, I hope  
gently, 'I'm sorry, but you're wrong. I  
got her here.'"

End

For more information about cerebral  
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# Making the most of the new tax law

***Our expert tells how to benefit from the changes that affect 1981 tax returns, and reminds you of some long-standing pointers you shouldn't ignore.***

*April 15, the deadline for filing 1981 tax returns, is almost upon us. The massive, extremely complex tax-reduction law, which bears President Reagan's signature, goes into effect in stages over several years, but some significant changes took effect during 1981. This and next month's column will concentrate on tips that can help you save money now.*

## **How much of the 10 percent reduction in income tax rates applies to 1981 returns?**

Everyone who files a 1981 tax return gets a 1.25 percent reduction in taxes (that is, \$1.25 on every \$100 of tax), but depending on income, you may have to compute the credit yourself.

If you have a taxable income of less than \$50,000, you will use the Internal Revenue Service's *Tax Tables* to figure your income tax; these tables have already incorporated the 1.25 percent reduction. However, if your taxable income is \$50,000 and up, you'll use the IRS's *Tax Rate Schedules*; these schedules do not reflect the new tax rate, so you'll have to make the computation yourself.

## **Tax breaks if you sold your house in 1981**

Until now, no matter what your age, if you sold your principal residence at a profit, you would not have to pay tax on that profit so long as you bought another principal residence within 18 months. Under the new law, if you sold your primary residence after July 20, 1981, you have two years in which to purchase a new principal residence. In addition, the new law provides that if you sold your residence before July 21, 1981, and your 18-month period would have expired on or after July 20, 1981, you are given an extra six months (for the two-year total).

If you are 55 years of age or older, you have in the past been allowed a one-time-only non-taxable profit of \$100,000 on the sale of a principal residence, whether or not you purchased a new home. Now, on sales

made after July 20, 1981, the limit for the non-taxable profit has been raised to \$125,000.

## **Don't underpay your estimated tax**

Those who must pay estimated income tax (for example, people who are self-employed) know that the IRS imposes a penalty if you underpay, or offers you interest if you overpay. Until recently, the IRS charged 12 percent annual interest on the amount underpaid, while if you'd overpaid, they gave you 12 percent interest on the overpayment. In recent years, some people deliberately underpaid their estimated tax, since the 12 percent penalty charged by the government was considerably less than the current rate of interest. Beginning February 1, 1982, however, the IRS's interest (or penalty) rate went to 20 percent. Obviously, underpaying your estimated tax is no longer a "reasonable" tax strategy.

## **New tax breaks for stockholders and depositors**

Prior to 1981, the first \$100 of income from dividends was tax-free, but no such allowance was made for interest, whether it came from savings accounts or from bonds (other than the tax-free interest from state or municipal obligations). Now the dividend allowance has been not only liberalized but expanded to include interest.

Under the old tax law, the \$100 dividend allowance was non-transferable from one individual to another, even for a married couple filing a joint return. For example, suppose Mrs. Smith received \$175 in dividends from stock in her name, while Mr. Smith received \$25 from stock in his name. On a joint return, Mr. Smith could exclude his \$25 from their taxable income, but Mrs. Smith could exclude only \$100 of her \$175; she would owe taxes on the remainder, despite the fact that Mr. Smith had \$75 in unused exclusions.

The new tax law provides, first of all, for an increase in the amount of

tax-free income from dividends: \$200 for an individual, and \$400 for a married couple filing jointly. This \$400 exclusion on the joint return applies regardless of whether the husband and wife own the stock. Furthermore, the exclusion now covers either dividends or interest, or a combination of the two. So, for their 1981 joint return, Mr. and Mrs. Smith once again receive, respectively, \$25 and \$175 in dividends, and if Mrs. Smith also has a savings account that pays her \$200 in interest, the combined total of \$400 is tax exempt.

## **Property damaged by a disaster is labeled by the President**

Many 1981 storms, floods, etc., were classified as disasters by the President. If your property suffered uninsured damage from such a disaster, you can deduct the loss on your 1981 return, or you can go back to claim it on your 1980 return. Therefore, check to see whether you would save more by claiming a refund on your 1980 return than by deducting the loss on your 1981 return. If you would, file a refund claim for 1980 no later than April 15, 1982. You can do this by filing a refund claim on Form 1040X (see below).

## **Correcting oversights on your 1981 return**

Did you overlook any deduction when you prepared your 1980 return? It's not too late to make correction. Just get Form 1040X from your local Director of Internal Revenue, fill it out, and file it. The form is a single, easy-to-use sheet, which merely asks for the change that would cancel the error. And the fact that you file the correction won't automatically cause your return to be examined. The Treasury indicates that your original return, plus the correction you file on Form 1040X, will be chosen and reviewed by the IRS in the same way as if you had simply filed a correct return originally.

Next month: More information that every taxpayer should know.





Funny stage they're at: George is older, but somehow he doesn't quite measure up to kid sister Shirley. "It's a stage," Dad consoles his son. "You'll outgrow it." The kids are growing up, most too fast. So, be sure to share those little moments, as well as the big, with faraway friends and family. Just reach out with a phone call, and they're sharing your day.



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An experienced pediatrician talks to parents about kids' winter maladies: What they are, when to worry.

By Morris A. Wessel, M.D.

**"I**sn't there something I can do?" asks Barbara Brown, the mother of two-year-old Suzie and five-year-old Bobby. "The children are coughing again. Just three weeks ago they were both sick with vomiting and diarrhea. It seems as though *someone* in our house has been ill ever since mid-September, right after Bobby started kindergarten."

Hardly a day goes by during the winter months when I don't receive at least one call like Mrs. Brown's. While the average toddler or preschooler contracts seven or eight respiratory or gastrointestinal illnesses a year, and children over six suffer from about three, most of the infections cluster during the season when youngsters are indoors a lot with each other. And not much can be done to prevent the spread of viruses and bacteria other than common-sense precautions such as encouraging children to wash hands before eating and to sneeze or cough into handkerchiefs.

Fortunately, however, most childhood illnesses today are quite mild. Immunizations, unavailable just a few generations ago, can and do prevent diphtheria, tetanus, whooping cough, smallpox, poliomyelitis, measles, German measles and mumps—diseases that, in the past, were often serious and, at times, fatal.

Still, parents need to know how to make a mildly ill child more comfortable, and learn to spot the danger signs of potentially serious complications. What follows is a list of common ailments, from the least troublesome to the most dangerous. Remember, don't be embarrassed to phone your doctor whenever you suspect your child may have more than a simple cold or upset stomach. Luckily, for Mrs. Brown, Bobby and Suzie were not suffering from grave disorders. But she was indeed wise to check with me in any case.

**The common cold.** The most prevalent winter illness among infants and preschoolers is the uncomplicated upper respiratory infec-

## My kids are sick all winter



tion, which usually lasts four to six days. It begins with fever and malaise followed a few days later by nasal discharge, sore throat and cough. Headaches, fretfulness, impaired hearing and smell, and loss of appetite are other symptoms.

Because colds are usually caused by viruses that do not respond to antibiotics, there is little you can do to speed recovery. Using a vaporizer can help a sick child breathe more easily, and the old standby of warm milk with honey can soothe a sore throat. A liquid cough medicine recommended by your doctor can alleviate coughing and a mild analgesic can help lower fever and relieve body aches. As a general rule, a child should be kept home until his temperature has been normal for 24 hours.

**Stomach bugs.** Gastrointestinal

illnesses—characterized by nausea, dizziness and vomiting—are the second most common childhood malady. A child may appear healthy when he suddenly vomits without warning. Vomiting usually ceases in a few hours and abdominal cramps and gassy, watery bowel movements occur and last several days. There is not a lot you can do except let the infection run its course. Carbonated beverages are sometimes soothing.

**Bacterial complications.** If fever, sore throat or diarrhea persists for more than a few days, you should call your physician. A bacterial infection, which should be treated with antibiotics, may be present. Recognizing bacterial infection early is particularly important in preschool and school-age children who may develop rheumatic fever following (continue)



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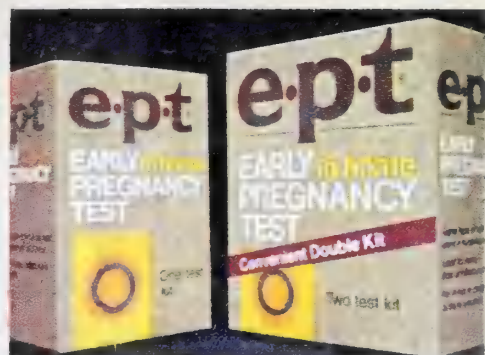
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### "MY KIDS ARE SICK"

*continued*

an untreated streptococcal throat infection. This can lead, in rare cases, to permanent heart damage.

The following symptoms suggest a serious bacterial infection: lethargy, constant sleeping, loss of interest in surroundings, glassy eyes, excessive vomiting, prolonged high fever, increased respiratory rate, noisy breathing, frequent passage of green, watery or blood-containing stools, refusal to take liquids, dryness of the lips and a decrease in urinary output. A bacterial infection caused by *Haemophilus Influenza* Type B, streptococcus, pneumococcus or one of the dysentery-producing organisms may be present. Particularly in infancy, chemical imbalance and dehydration due to fluid loss from vomiting and diarrhea may complicate the illness. Then, intravenous fluids may be lifesaving.

**Allergies.** It is often difficult to distinguish between a cold and an allergic reaction to specific foods, airborne pollens, dust or mold. A child who has a continuously dripping nose or who coughs for weeks at a time with no fever may be suffering from an allergic reaction. Careful questioning of the

parent may reveal that the onset of sniffles dates back to the day the furnace was turned on, the recent addition of a new dog or cat to the household or bringing a Christmas tree into the home. Antihistamines sold over the counter can help relieve allergic symptoms, but should be used exactly as the package directs. Child-strength nose drops also offer some relief but should *never* be used more than three times a day for three days. After that length of time, a "rebound" can occur, causing nasal membranes to swell more. Fortunately, many allergies disappear as a child matures.

**Asthma.** Asthma, which produces wheezing, is common among children. There are sometimes few outward signs other than a disturbed facial expression and limitation in depth of breathing. Wheezing can sometimes be heard only with a stethoscope.

Children with asthmatic symptoms should see a physician, particularly when there is no previous history of allergic reaction. A child may have ingested a button, tack or safety pin. Such items lodged in the windpipe can obstruct the passage of air and mimic asthma. A chest X-ray is the only accurate way to rule out this possibility.

Any child who once experiences

asthma associated with a respiratory infection often suffers similar complications with subsequent illness. The oral administration of bronchodilators may prevent or at least minimize this complication.

**Ear infections.** Ear infections—often called otitis media since they cause inflammation of the middle ear—of plague babies and young children. Infants who experience two or more middle ear infections during the first year of life are often "otitis-prone." They are likely to suffer repeated inflammation of the middle ear every time they contract a respiratory infection. Otitis media sometimes accompanies another respiratory infection, but it can occur alone in one or both ears. There are two types of otitis media. Acute otitis media, an ear infection usually caused by bacteria, creates moderate to severe pain as excess fluid accumulates and presses on the eardrum. Occasionally, the fluid causes the eardrum to rupture, thus providing a pathway for drainage. Although the results in dramatic relief of pain, the infection is still present. A child with an inflamed ear or ruptured eardrum should be examined immediately by a doctor and have the appropriate antibiotics started promptly and administered as directed.



ered for the full time recommended (usually ten days), even if the child seems to be well before then. Untreated ear infections can spread to the adjacent mastoid bone, which may result in hearing loss.

Serous otitis media is another frequent ear disorder found most often in toddlers. This chronic condition is often difficult for parents to spot because there is usually no pain—only a moderate build-up of sterile (not infected) fluid in the middle ear, resulting in some hearing loss. Serous otitis can also occur when fluid remains in the middle ear after an acute otitis media infection has cleared up.

Serous otitis is treated initially with oral decongestants, nasal spray and, in some cases, with antibiotics. If fluid accumulation persists, pressure-equalizing plastic tubes may be implanted in the eardrums to provide a pathway for drainage.

Parents should be alert to any signs of hearing loss: an infant who does not respond immediately to a loud noise or a child who turns the TV volume to a deafening intensity in order to hear. If serous otitis is not detected and treated early, lags in speech development and learning problems may occur because the child cannot hear well.

**Bronchiolitis.** Infants under a year

old with respiratory infections often develop bronchiolitis—spasms of the muscles of the bronchial tubes—on the second or third day of an illness. The respiratory rate, which is normally 40 breaths or less per minute during the first year of life, rises to 60 or, at times, 100. Breathing sounds are audible, exhalation is prolonged, the entire chest heaves and the nostrils dilate with each breath. These symptoms suggest serious involvement of the lungs, and the baby's physician should be consulted immediately. Administration of humidified oxygen and other treatment may be necessary.

**Croup.** Characterized by hoarseness, a barking cough, tightness in breathing and a crowing noise when air is inspired, croup is common in infants and young children. It is especially prevalent between October and April when there are sudden drops in outside temperature. Croup begins without warning and may be mild and harmless or quite dangerous. The course of the illness over the first few hours indicates whether the mild or the serious disease is present.

Mild croup (or spasmodic croup) results from swelling of the vocal chord tissues due to either a viral infection or an allergic reaction. Typically, an infant or toddler has few signs of ill-

ness at bedtime. He awakens in the middle of the night with a barking cough and crowing respirations that frighten his parents. There is usually no fever. The immediate treatment is to place the child in a steamy room, such as a bathroom with a hot shower running. A child suffering from spasmodic croup should improve promptly.

**Epiglottitis.** If the child with croup fails to improve within half an hour or appears blue and continuously struggles for breath, a critical form of croup, known as epiglottitis, may be present. *Haemophilus Influenza* Type B bacteria invade the voice box, causing inflammation and swelling of the epiglottis (cartilage tissue at the base of the tongue), and life-threatening obstruction of the respiratory passage may occur. Within a few hours, swelling of the throat becomes painful, and the child begins to drool and make crowing sounds. A glassy-eyed, plaintive facial expression is common.

This form of croup is most common in infants and toddlers. Although older children and adolescents can also contract the disease, the illness is usually milder, due to their increased ability to resist infection.

Prompt treatment of epiglottitis is imperative! Appropriate antibiotics must

(continued on page 127)

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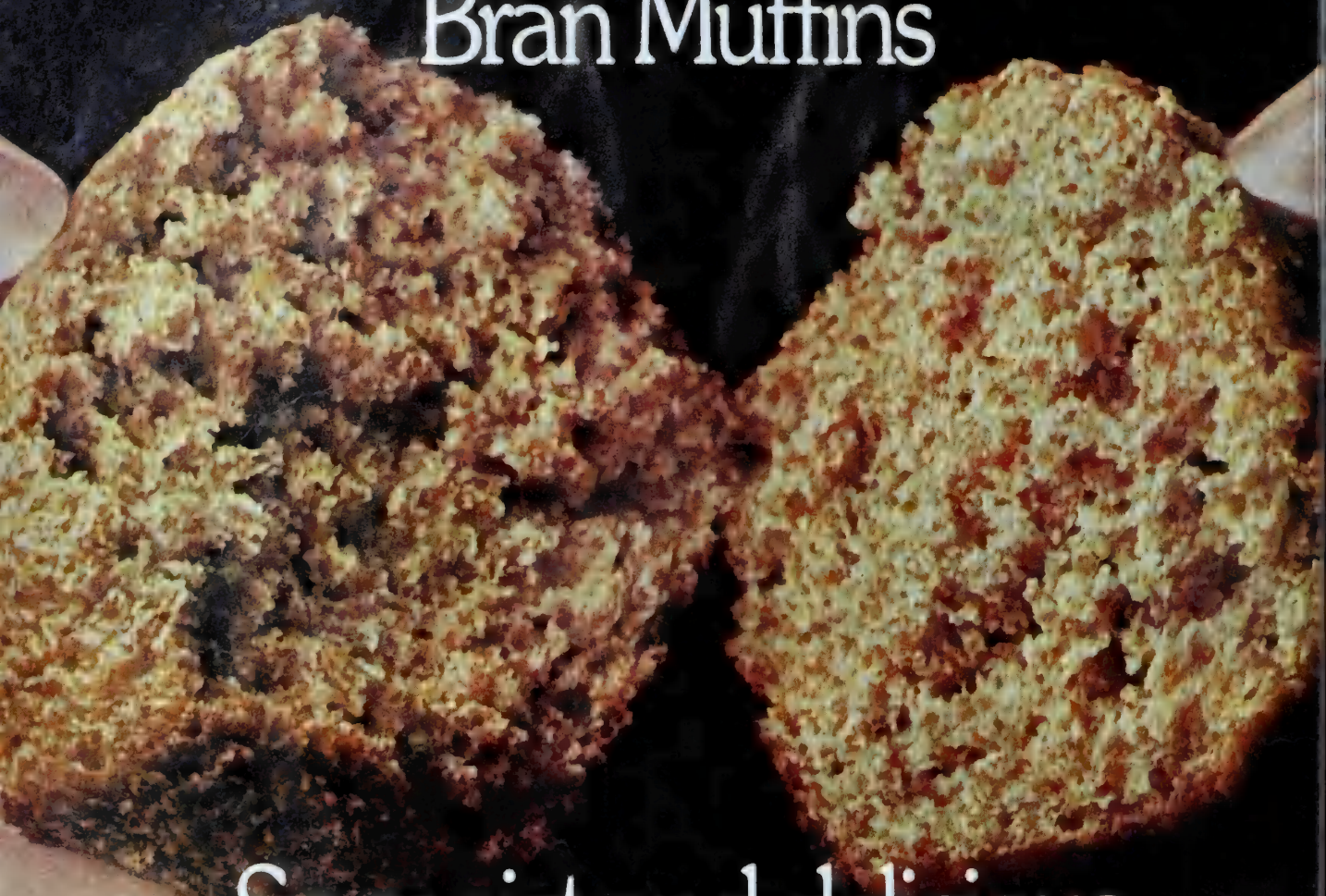
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# The Seventh Child

**What evil out of the past has returned to stalk the children of Ripton Falls? Read the terrifying conclusion to the year's most talked-about suspense novel. By Brooks Stanwood**

## **Synopsis of part one**

The stranger who came to Los Angeles to spy on the Richardson family knew these key facts: Hal Richardson was a brilliant young marketing expert and his attractive wife, Judy, was a talented painter. But the spy wanted to make sure that their daughter, Annie, aged nine, had red hair and a leaf-shaped birthmark on her neck, and

closely resembled the portrait of a girl who had been dead for 300 years. Satisfied, the stranger flew back east. Within days Hal Richardson was offered a king-sized salary to move to Ripton Falls, Massachusetts, and join a firm that made camping and outdoor equipment—Hilliard and Company. The firm's president was Cameron Hilliard, 87. His aides

included his son, Elliott; a grandson, Howard; and a granddaughter, Laurie. Ostensibly, the Hilliards were simply recruiting a team of smart executives to expand their business. Was it mere coincidence that all the newcomers had small children? And just bad luck that the children, after moving to Ripton Falls, began to suffer weird accidents? So it (continued)

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# The Seventh Child

seemed. But not to Mimi, the Richardsons' housekeeper. Mimi, a native of Haiti, warned that something "bad" was stalking the new families. Judy scoffed. Until she heard about 17th-century witchcraft in Ripton Falls from a new friend, Margaret Love, a middle-aged history buff, who lived in nearby Northampton. It seemed that seven evil children, banded together in a coven, had tried to recruit seven good children. Failing, they slaughtered the good children like animals, whereupon enraged townspeople trapped the evil children in a barn and burned it down. So went the legend. A year earlier, a 300-year-old painting of the children's coven had been sold at auction to Laurie Hilliard. When Judy asked Laurie to show her the picture, Laurie said it was in Europe—an obvious lie. Judy tried to learn more by searching town records, but was told that fire had destroyed all Ripton Falls papers dating before 1800. Another lie? It seemed so when Brad Peters, the young pastor of the Congregational church, told Judy he had found some ancient documents in the parsonage attic. A few days later Brad invited Hal and Judy to join him and his girlfriend, Carol Albert, for dinner. When the Richardsons arrived at the parsonage, they found Carol on the doorstep, locked out. The place was dark. Hal got in through a window, expecting to find Brad snoozing. But Brad was dead, hanging by a rope around his neck from a ceiling light fixture, with a look of pure terror stamped on his ashen face.

The coroner's report dismissed the hanging of Brad Peters as a suicide. Joe Fox, the police chief, agreed.

"But the guy was happy," Hal protested. "Things were finally going right for him."

Joe Fox sighed. "We've already been through this, Mr. Richardson."

And that was that. Seeking distraction, Hal bought himself a present—a shiny new Jeep, with four-wheel drive and a canvas top.

The family piled into it the following Saturday, with their dog, Percy, and a picnic hamper, and set out to explore back roads. Using a U.S. Geological Survey map, they drove into wooded hills on dirt tracks that became rougher with every mile. When they found a clearing, Hal stopped the car and spread their picnic blanket. Lunch for him and Judy was local Cheddar, crusty French bread and fresh raspberries. Annie had her usual peanut butter sandwich and four

cookies. Then she decided to take Percy for a walk. Hal opened a bottle of wine and toasted Judy.

"I hope Annie doesn't wander too far," she said.

"Don't fret. Percy could find his way back here from Key West."

"Mommy! Daddy!" Annie was shouting at Percy, leash taut, pulled her across the field. "We found something really neat-o. Come and see."

Hal and Judy followed Annie into the woods, but Percy hung back. Hal had to take the leash and pull him along. They passed through a stand of pine trees into another clearing with a big barn at the far end. It had no roof, but seemed sound otherwise.

Hal walked toward the barn, but Percy pulled back, barking frantically.

"Easy, boy. Some animal around here you don't like?" Hal patted the dog, but Percy was beyond soothing.

"Annie, something's bothering this mutt," Hal said. "Please take him back to the blanket."

The barn was unusually large. In the center of its dirt floor was a circle of stream-polished stones the size of a pitcher's mound. Surrounding the circle were several small holes, each lined with concrete. The barn siding had a good, many burned timbers and boards spliced into sound lumber.

"Somebody wanted to save a few bucks," Hal said. "But why no roof?"

"Maybe it was used only in sunny weather," Judy said. All at once she felt uneasy. "Let's go home," she said.

**A** week later Judy was driving through Ripton Falls when she saw a blue foreign car parked at Brad's parsonage. On impulse, she stopped, and went up the steps. A young woman and a man were coming down the stairs. The woman was obviously Brad's sister—same strong nose and eyes the color of faded denim. They introduced themselves as Mac and Nancy Draper.

They spoke for a few moments. Then Judy asked, "Are you taking the town records Brad found in the attic?"

The Drapers looked blank. Judy explained. They went up to the second floor, climbed the ladder to the attic and pushed open the hatch. A flood of light poured through windows at either end, shining off the attic floor. It was beautifully polished—and quite empty.

**P**icnic suppers on the lawn at Tanglewood before the concerts were an institution. Margaret

had provided baked ham and three salads; Judy brought fresh peaches. This was the first time since Brad's death that Judy and Margaret had gone together, and Margaret was oddly subdued. As the light faded, the thousands of picnickers settled back to enjoy the music.

Margaret took Judy aside. "I'm disturbed about Brad's death. I'm convinced he didn't kill himself. When you told me about his find of town records," Margaret said, "I went to see the stuff. I was there that Friday. The day he . . . died."

"Oh, my God!"

"He told me he was meeting you two and a girl he'd known in college. Old Judy"—Margaret's voice was a wail of anguish—"Brad Peters was happy."

Judy shivered. The soft insinuating sound of Debussy filled the space between them.

"Brad took me to the attic," Margaret said. "Those documents are treasure trove."

"You mean they were," Judy said. "He was there today. The attic is empty."

"So! Someone didn't want us to see those records. They don't know that Brad gave me some stuff to look over at home." She took a sheet of paper from her bag. "Look at this."

Faded ink outlined a rectangular shape, with many small marks inside it. Some had names beneath them. Outside the rectangle were marks without names.

"It's the map of a cemetery," Margaret said. "Look at the date—seventeen hundred six."

"That's fantastic," Judy said. "Do you know that there was a big fire at the Town Hall at Ripton Falls around eighteen hundred that destroyed all their records? They have no documents going back this far."

"I've never believed that story," Margaret said. She bent over the map, pointing to cross marks inside the rectangle. "These are graves—Bracker, Gannon, Kellogg. I recognize the names. Cousins, all members of our Ripton Falls families. This map must have been drawn for them. The marks outside the line represent graves on unconsecrated ground. The town buried some people they wouldn't have their churchyard. I can guess who they were. The children of the Ripton Falls coven. With this map we can find the graves and their names."

Judy was surprised the next morning to see Margaret's car turning into her driveway. She asked Mimi to bring club soda and led the way to lawn chairs on the edge of the old orchard.

"I got to thinking about that painting of the children's coven," Margaret said. "And what you told me about your phone call to Laurie. How unsatisfactory it had been."



"That she lied, you mean."  
"Yes. I'm now convinced that the Hilliards have that painting hidden here in Ripton Falls. And we have to get it."

Judy felt a rush of fear and excitement. "How do we manage that?"

"First, we have to find out more about the painting. I called a friend who was at the auction. She said that a woman photographer was there. I'll follow that up. Second, I have come up with an idea so audacious that it scares me."

"What's that?"

"Two weeks from now, on August twenty-second, Ripton Falls has its annual house tour, and the Hilliard home is always included. Maybe we can find a way to see more of the house than the Hilliards would like."

"Open up, please," said Judy, rapping on Annie's bedroom door.

The door cracked open, and Annie peeked out as if she were under siege. Her room was a mess.

"This is ridiculous, Annie. This is the fourth time I've asked you to clean up your room. Now get going, or forget about seeing Erin and T.C. Junior."

In five minutes Annie had her room tidied up. T.C. Junior was making a movie and had offered Annie a part in it. Erin had volunteered the Simmons's garage as a sound stage.

When they arrived at Claire Simmons's house, Erin let them in. Claire emerged from the kitchen.

"We've been making cookies," she said. "You want some lemonade?"

"Sure." Judy rested her hand on Annie's head. "All set, pumpkin? I'll come back for you at six."

"Okay, Mom. Bye." Annie turned to Erin. "Let's see what T.C. is doing. I want to find out about the movie."

"Oh, T.C. and his dumb movie! I bet he doesn't know how to make one."

**Six large dolls, each the size of a healthy young child, were on chairs arranged in a semicircle.**

"Well, I want to see," Annie said. "I'm going to the garage."

"Okay," Erin said sourly. "Let's go." Judy had just walked into the kitchen with Claire when she heard Annie's shout.

"Mommy! Mrs. Simmons! Something's happened to T.C."

The women ran to the side door of the garage, where they were assaulted by an overpowering reek of exhausted horses. T.C. Junior lay on the floor.

Judy pushed the girls toward the house and ran to the boy. Coughing

and gagging, she seized his shoulders and pulled. Claire was struggling with the big overhead door. It swung up.

Judy dragged T.C. outdoors and fell, gasping. Claire ran into the garage and shut off the car's engine.

As her head began to clear, Judy saw the rise and fall of T.C.'s chest, faint but steady. The frightened girls were hovering nearby.

"Get some cold water!" Judy shouted. "And a towel." The boy's cheeks were now tinged with pink, and his breathing seemed normal.

"I don't understand this," Claire said. "I'm sure I shut off the engine."

"T.C.'s going to be okay," Judy said. But suppose Annie had dawdled even longer, and they had arrived ten minutes later—too late to help T.C. Junior? Or, what if Annie had cleaned up her room promptly, and they hadn't been delayed at all? Then Annie would have been in the suffocating garage.

**I**t had been raining intermittently all morning, and now it was pouring. Margaret, Hal, Judy and Harvey Stern were in Minna Gannon's house, along with a dozen others, most of them strangers to Judy.

Judy glanced at Hal. She knew he wished he was one of those rained out. Margaret had told Harvey that she and Judy wanted a peek at some of the rooms that were not on the official tour at the Hilliards'. Just female curiosity, she said. Harvey was happy to aid and abet. At a signal from Margaret he would stall the tour by asking a question, thus allowing the two women time to make detours unnoticed.

Minna led the group into the last room in her house that was open to the public. Once the kitchen, now the living room, it featured a walk-in fireplace, paneled walls and a collection of hooked rugs.

Margaret whispered to Judy, "Don't let me forget my umbrella. It's my last one."

Judy recognized the umbrella's rose and gray colors of Vassar College. Her mother had one just like it.

"Hang on to it," she said.

Minna Gannon wound up her tour. "Check your programs, please. The next house for this group is the Hilliards'. Then we will break for lunch."

Waiting for them in the Hilliards' entrance hall were Elliott and his father, Cameron. He began by leading his guests into a large study lined with shelves, on which were displayed row after row of antique dolls. They were made of everything from corn-cobs and twigs to pipes, rags, handkerchiefs and bottles. None dated from later than the 19th century, Cameron said.

"This darling is a favorite of mine," he said, picking up a cloth doll. "When

a cloth doll's face faded, the owner simply asked her mother to sew on another face." He lifted a corner of fabric by the doll's mouth. Underneath was the faint outline of another face.

"And now my friends," he said, "My collection's *pièce de résistance*."

He opened a door that led into a large interior room. Judy felt a sudden wave of chilled air. Spotlights picked out six large dolls, each the size of a healthy young child. They were seated on chairs arranged in a semicircle.

"Forgive the cold," Cameron said, "but my children's fragility demands air-conditioning. Most antique dolls had faces of china or papier mâché bisque, but a hard wax was often used. That's why these examples of the type are so rare today. And now it's time to visit the drawing room."

Margaret winked at Judy and cocked her head toward a narrow passageway off the hall. She touched Harvey's shoulder.

With his audience fanned out on the threshold of the drawing room, Cameron explained that the house was the work of an anonymous disciple of the celebrated Colonial architect, Samuel McIntire.

"And this," he said, resting his hand on the carved fireplace mantel, "this we believe to be the work of the master himself. McIntire!"

"Excuse me, sir," said Harvey, "but I understood that McIntire worked exclusively in communities north of Boston. How do you explain . . ."

Judy and Margaret slipped from the room and turned into the passageway. The first door they tried opened easily. Margaret switched on a light, and they saw stairs reaching down to a clean cellar.

Judy hurried after Margaret. In the first room to the left was a furnace and water heater. Further on was a wine cellar and a storage area.

There was the sound of someone moving overhead. Footsteps stopped by the cellar door. Judy held her breath. They had to get out of here.

"Come on!" she said. "The painting's not here."

They retreated up the stairs. As Margaret opened the door into the hallway, Judy heard Harvey say, "That's impossible."

Cameron directed the group to the entrance hall for a presentation of the staircase and English wallpaper. When the group was directed to move upstairs to view the family room and the master bedroom, Margaret tugged Judy's sleeve.

"Got the guts to try the other bedrooms?" she whispered.

"Absolutely," Judy answered, trying to sound brave.

They joined the tourists trooping into a bedroom of sweeping propor-



# The Seventh Child

tions. Margaret signaled Harvey again as Cameron began ticking off high points of the room—Chippendale mirror, Directoire bed, the mahogany chest—Harvey's hand shot up.

"With respect," he began, "is that mirror an authentic Chippendale or is it just in the Chippendale manner?"

Judy and Margaret slipped into the next room. The door to the closet was locked.

"Wait a minute." Margaret slid her fingers along the ledge above the door. "Everybody hides keys in places like this—my God, there is a key."

It was a walk-in cedar closet. A large framed painting was turned backward against the wall. Gingerly, Margaret turned it around.

They froze. There were the children of the coven posed against a background of weathered barn siding. But some terrible fury had visited the canvas. The faces of the children, gouged in ugly slashes, no longer existed.

Margaret turned the painting back the way it had been, locked the closet door and replaced the key on the ledge. Silently, they walked out and rejoined the other tourists. All in Laurie's bedroom was as they had found it, except for one thing. Left behind, in a corner by the closet door, was Margaret's rose and gray striped umbrella.

**A** gust of wind rocked Margaret's little car as she and Judy drove to the Congregational parsonage in Ripton Falls, closed now. Behind the church was a small cemetery. But its graves didn't match Margaret's cemetery map.

"It has to be the old cemetery, by the old town," she said.

She turned the car into a narrow road that meandered up into the hills. As she drove, Margaret described how the town of Ripton Falls had once been on the highest hill in the area as a defense against Indian attack.

"But some time early in the eighteenth century they moved to the valley, to be near good farm land and water power. Leaving behind the relatives buried in the old cemetery."

The road became rockier. A canopy of foliage and granite clouds enveloped them in eerie midday darkness. Margaret switched on her headlights. A few miles further on they glimpsed the old cemetery through a screen of brush and tree.

"I think Hal and I went by here when we were picnicking," Judy said.

Margaret stopped the car, and they scrambled through blackberry bushes.

The gravestones were wafer-thin, their inscriptions almost worn away.

Map in hand, Margaret moved from stone to stone, matching up names. She stooped before a small stone and beckoned Judy.

"So many children used to die young, I guess parents expected it," she said. "But it breaks my heart to read this kind of thing. 'Here lies the body/of Abigail Banks/Who died October 30th 1682/in her tenth year/Called from Darkness/to Eternal Light.'"

The sky grew darker. Margaret strode ahead.

"Here's another kid who died on the same day," she said. "October 30th. Jonathan Sterling. 'What Evil hath taken from us/Our Lord hath returned to Himself.' Judy! These are two of the good children. The murdered ones. Come on—let's find the rest of them."

Within minutes they accounted for the five other children who had been slaughtered on that terrible night so long ago.

"Those monsters!" cried Margaret. "We must find out who they were. According to the map those . . . creatures should be buried right over there." She pointed toward a tumbled-down section of stone wall. Huge raindrops pelted them as they scrambled over the wall. They uncovered six stones, but the seventh seemed lost in the undergrowth. All the stones were blank. Not one carried a name or a date.

The blank stones told the story. The story of a people so outraged by the crimes of those they had buried that they had ripped their names forever from the earth.

**H**al was ready to drive away from the candy store with Mimi and Annie in the back seat when Mimi screamed. He whirled around. What was going on? Before he could ask, he saw a large ugly spider scuttling out of a bag of candy.

Hal ordered Mimi and Annie out of the car. He slipped off a shoe, slammed the heel against the spider, whipped out a handkerchief and wiped it off.

Mimi stood rooted to the sidewalk, but Hal put an arm around her shoulders and led her to the car.

"It's gone," he said. "Come sit with me in the front. It's gone."

"No, it's not gone." Mimi's voice broke. "Something evil brought it to me. From my island. From Haiti."

Hal caught Annie's eyes in the rear-view mirror. They were wide with alarm. The sooner he got them back home the better.

The next day Judy was in the supermarket when she heard a child speak her name. She turned, and there was Erin Simmons.

"Where's Annie?" Erin asked.

Judy was explaining when she noticed a bandage on Erin's right hand. What had happened?

"Just a little accident," Erin said. "I'll be seeing you."

Claire Simmons wheeled a cart in the aisle. Judy asked her what had happened to Erin. "I just saw her. She said it was a little accident."

"Little! Tracy Goldin slammed the car door on Erin's hand. She's lost the tip of an index finger." Claire lowered her voice. "I won't say that Tracy did on purpose, but the way it happened was mighty strange."

**I**nstead of waiting for Margaret to answer her doorbell, Judy walked in and began calling her. "Margaret! Your fellow conspirator is here."

The bedroom door opened and Margaret came out, wearing a yellow cotton warm-up suit. They took a pot of coffee and strawberries and appropriate crockery to a table beside the backyard pool. Margaret plopped a catalog in Judy's lap.

"It's from the auction that included the painting of the children. Look over while I get in my morning swim. She dived into the pool and began swimming back and forth. Judy looked through the catalog. The listing for the "Ripton Falls Children" was curiously titled: "Painting (oil) of seven children, 1688. Unsigned. Lot No. 237."

When Margaret climbed out of the pool, Judy told her that the catalog said less than she already knew.

"There's a nugget in it, Judy. See the photo credit? N. Smithson. That's who we're going to see today. I'll tell you more on the way."

She took off her bathing cap and patted it on a chair next to the Jacuzzi. The heated mist was rising from the tub's glassy surface. Margaret turned a dial, and a swirl of bubbles rose to the top.

As Margaret moved to get in, Judy noticed an electric cord that led to the other side and dropped straight into the tub. She was about to ask what was when Margaret screamed. It was a scream so charged with surprise and terror that Judy froze. Margaret's body shook like a pennant in a gale. She was staring at Judy, but Judy knew she saw nothing.

The electric cord! Judy ran around the tub and pulled it. A small head clipper broke the surface of the water like a hooked fish, its blades chattering. Margaret toppled out of the water and Judy dragged her to a chaise.

As she ran into the house to call the emergency number, she could hear the



hedge clipper still snapping its teeth. But Margaret was quiet. As quiet as the grave.

**M**argaret, why were you so forgetful? You left the clipper teetering on the rim of the tub, Judy thought.

"Oh, Hal! It's been a week since Margaret died, but I keep thinking that she would still be alive if it wasn't for me."

"What are you talking about, Judy?" "After Brad died, Margaret thought there was some connection with the Hilliards. I encouraged her. Maybe if I hadn't she wouldn't have gotten so involved in playing detective." "Stop accusing yourself, Jude. It was a freak accident."

And then Judy confessed to Hal about the map and the two sets of graves. And their finding the painting of the children.

It felt good to hear Hal explain everything. Gravestones with no inscriptions? Centuries of wind and rain could wear away names and dates. And the other graves, with their identical death dates? Victims of one of the epidemics that used to ravage entire towns; children were the first to go. The painting? Obviously, the one in Laurie's bedroom was not the original that she had bought at auction. This one had to be a copy, probably vandalized by kids.

## Obviously, the painting in Laurie's bedroom was not the original.

Judy felt better in the morning, and doing the ironing helped. She finished the accordion pleats on Annie's jumper and spread out one of Hal's shirts. There was something in the pocket. Judy fished it out—a snapshot of all the kids who had been at the Lucci's picnic, the photo Aldo Lucci had given to Hal.

Tracy Goldin's ear-to-ear grin underlined all that had happened since that day. Oh, Brad! Oh, dear Margaret! Poor, lovely Margaret! And where was that sweet smile of Tracy's now? She had become a somber little girl. Judy put the photo aside and began to cry.

Getting dinner calmed her, except that Hal was late again. She phoned his office and put on a cheerful voice. "Hal, is something holding you up? I have dinner—"

"I'm sorry, Jude. Been working on a story board for the Hilliards' first TV spot. A breakthrough! Be home in ten minutes," Hal said.

When he left his office he found a note clipped to the sun visor of his Jeep. It was from Cameron Hilliard.

"Hal: I must see you tomorrow morning, out of the office. Please don't mention this meeting to Judy or anyone. I'll have my car parked at the intersection of Tannery Falls Road and Bluff Street. See you there at eight A.M."

In the morning, when Hal left home earlier than usual, he mumbled something to Judy about a deadline. In 15 minutes he was pulling up behind Cameron's big car, a 1965 model in showroom condition.

"Morning," said Cameron, as Hal got into the seat beside him. "Like some bouillon?" He offered a thermos and a plastic mug.

"Thanks, I just had coffee."

Cameron placed the mug on the dashboard. "I'm dying, Hal."

Hal loosened his collar. "People beat it all the time, Mr. Hilliard."

"Thanks, Hal. But not this time. Anyway, I'm only interested in life—the life of Hilliard and Company, and of Ripton Falls. You weren't followed, were you, Hal?"

The question startled Hal. "I don't think so. No."

"Good. My family mustn't know yet that I want you to run the company after my death." Hal turned to face Cameron. His mouth was dry.

"You heard me right," Cameron said. "In a month's time you will be named chairman and executive officer. My son Elliott will be designated president. Laurie and Howard will remain as executive vice presidents. All three will report to you."

"My family will control ownership of the company, but on my death fifteen percent of the stock will be passed on to you, Hal. Your salary will be raised to a hundred and fifty thousand a year. You will sign a five-year contract that will give you twenty percent increments annually. I've established a profit-sharing incentive program that could effectively double your salary every third year."

"Mr. Hilliard! You're going too fast for me."

"I doubt it, Hal. The fact is, I didn't recruit you and the others simply to broaden our market. What I was really doing was gathering a pool of executive talent, so I could find the right person to run the company after my death—and people to help him."

"I can't give you a quick answer, sir. I have to give it a lot of thought. I must talk to Judy—"

"I understand. That's why I'll delay an announcement for thirty days."

"To be honest, Mr. Hilliard, Judy hasn't been very happy lately. Things have happened."

"What things?"

Hal hesitated, wondering how much he could say. Before he could speak, Cameron cut in.

"I think I know a little bit about it,

Hal. Your wife has never lived in a place like Ripton Falls before. In small towns, everybody shares the tragedies. And she's an artist. They're very different people. What they imagine is very real to them. Sometimes more real than reality."

**T**eaching two art classes at Smith each week took a precious chunk of Judy's time, but she enjoyed having her own studio space in the art building. The light was superb.

She was about to leave the building on Friday when she remembered her mailbox. It was crammed with notices and thick envelopes. The largest piece had Harvey Stern's address on it. Inside was a note.

"Judy dear—The enclosed came recently. I remember that you and M. were interested in this painting. Best to Hal and Annie. Love, Harvey."

Judy opened an inner envelope. It held a photographic print and a letter dated September 8, the day Margaret had died.

"Dear Mrs. Love, I enclose the blowup of the photo we talked about from the Springfield sale. Definition of the figures is poor because I was photographing the painting hanging next to it. Just luck that I caught this in my frames. Best, Nancy Smithson."

Judy rushed back to her studio and took the photo to a window for a better look. Her hands started to shake. The children in the painting were lined up much like the kids in the snapshot taken at the Lucci picnic. There was a girl at one end who was a ringer for Erin Simmons, with short hair and the top of an index finger missing. Next to her were two identical faces capped by blond curls. The Lucci twins. Then T.C. Junior in profile. Though his figure was slightly out of focus, Judy could make out the scar on his cheek—a faint line of pigment.

The other faces were distinct, but one figure was familiar. A small red-haired girl. The photo showed a shadow on her neck, and Judy knew that if it were sharp the birthmark would be unmistakable. Annie!

When Hal got home that night, Judy could see that he was on a work "high." He sailed his briefcase onto a chair and turned toward the stairs.

"Annie, I'm home." After a moment of silence, he looked quizzically at Judy. "Where's the other half of my reception committee?"

"Annie's spending the night at Gwen Prescott's. I thought we should have some time to ourselves tonight."

"Always a good idea," said Hal, giving Judy a wink.

She got him settled in his favorite chair and handed him the photograph of the coven painting.



# The Seventh Child

"This was in my mailbox at Smith," she said.

"Oh, is this the painting that you and Margaret were all steamed up about? I see someone knew where the original was."

Judy nodded grimly. "Look at it carefully. Look at the girl at the end. It's Annie. Red hair. The right age. And I'm positive that's her birthmark. There, under her chin."

"That's not Annie."

"Oh, yes, it is. And look at this kid." Judy stabbed a finger toward another small face. "Tracy Goldin. And that one's Erin. And those two blond boys are the Lucci twins. This boy is T.C. Junior. And there's Gwen Prescott."

"You're reading too much into the picture, Judy. What's your point?"

"My point is, these are the children from the coven. This was painted three hundred years ago. Why do Annie and the others look just like these children? What's the connection? I know there is one."

"If you know the answers, tell me."

"Okay. They've all had accidents."

"Annie hasn't," Hal said quickly. He put his arm around Judy's shoulder. "What do you want me to say? For instance, that those two towheads remind me of the Lucci twins? Maybe. A lot of the kids have been in accidents? Kids get hurt all the time."

"We don't know what's going on in this town," Judy said fiercely.

"It's just the opposite," said Hal. "Maybe we're not really cut out for small-town life. Maybe we should look for a house in Northampton."

"We'd still be within their reach."

"What are you talking about?"

"The Hilliards! They brought us to Ripton Falls because of Annie. I know it. I don't know why, but the reasons for everything are in this painting."

"I still don't know what you are talking about." Hal looked at Judy tenderly. "You're letting your imagination run away with you."

"You think I'm crazy, don't you?"

"Of course not. If you're frightened, we can leave." Then he told her about his meeting with Cameron. "I want to say 'yes' to Cameron. I want that contract."

"Don't. Please don't."

"If I don't, I walk away from my future. From ~~our~~ future." Hal's tone was short. "Call a real estate agent in Northampton. Then let's talk."

pany had arrived with their families last May. From the flesh and blood of their children—from her child, *from Annie*—the Hilliards were bent on recreating the coven. What else could it be? Now Judy understood why Margaret hadn't found the seventh grave. It didn't exist. Only six of the coven had died. One had escaped burning, and the dark, demonic strain had survived. Now, 300 years later, descendants were acting as evil midwives to the birth of a new coven.

They must have tried it before and failed. Jet planes and computers had made it possible, at long last, for them to find physical duplicates of their first children. If the match was incomplete, the Hilliards completed it: scarring T.C. Junior's face, costing Erin the tip of a finger.

And in some insidious way they took over the children's minds through those engineered "accidents." It was only luck that they hadn't captured Annie yet, and changed her ~~us~~ those others had been changed, the children who no longer laughed or smiled.

The barn without a roof! The one they had discovered on their picnic. That, Judy *knew*, was where the children of the first coven had died. The barn hadn't been burned down completely, despite the legend. That was where they would take Annie. Without her the new coven would be incomplete. Annie was the seventh child. Only Judy could save her from the Hilliards. Annie must not go on the moonlight hayride planned by the Hilliards for a few nights later. Hal would never understand until it was over.

The next morning, after Hal had left for the office, Judy told Annie that she looked feverish.

"Yeah, I do feel hot, and my stomach hurts," Annie said, always willing to skip a day at school.

Judy felt her forehead. "You'll have to stay home today, young lady. Probably tomorrow, too."

She let Annie watch cartoons on TV. Then they went for a ride in the car. In a small mill town 20 miles away Judy stopped at a gas station. While her tank was being filled she went to a roadside phone and called the airline. Giving her credit card number, she booked two seats to Hilton Head, South Carolina, from Bradley Airfield, leaving Friday.

She took a break to buy Annie a soda, then headed back to the phone. This time she called her mother in Hilton Head, and told her that she was

bringing Annie down for a visit. "And mother, could you ask your doctor to line up a plastic surgeon? It's important. I'll explain later, but Annie must have her birthmark removed. Now."

On the way home Judy asked Annie if she could keep a secret.

"Sure, Mom."

"A secret you can't even tell Daddy?"

"Why not Daddy? Okay, I promise."

"We're going to visit Gram and Grandpop. Daddy will come later. If we let him know the secret, he'll want us to wait for him. Understand?"

"Sure. When are we going?"

"This Friday. And to make sure your temperature's gone, I'm going to keep you out of school until we leave."

"Yippee!"

**I**t was going to be a lovely day. The sky was scrubbed clean of clouds. Hal and Judy were drinking coffee.

"What time are you taking Annie to the Luccis?" Hal asked. "That's where the kids are going to be picked up for the hayride, isn't it?"

"I'll drop her off at three. When will you be home?"

"No later than four-thirty. I just have this luncheon meeting in Hartford." He gently pulled Judy from her chair and kissed her neck. "Do you know how much I love you?"

Judy couldn't hold back the tears.

"Hey, stop that," Hal said. "Everything's okay."

"I love you, Hal. Always remember that."

He kissed her again. "See you around four," he said.

When he had gone, Judy wrote the note for him. It was short, but only the last part came quickly.

"By the time you read this Annie and I will be in Hilton Head. And she will be safe. There is a flight that leaves Bradley—number 105—at seven-thirty tonight. I have booked a seat in your name. I love you, darling."

"Mommy, will you be mad if I tell you something?"

"Of course not, honey."

Everything had gone smoothly. They were driving along secondary roads in a roundabout approach to the airport. In ten minutes they would be away from Ripton Falls forever. Safe.

"You promise?"

"Promise what?" Judy saw a car coming up fast behind her. Brown. A light flashed on its dashboard. Must be the police. An unmarked car. She glanced at her speedometer. Forty-two. Well, he wasn't after her.

"That you won't be mad at me," Annie said.

"I promise."

The brown car was less than 100 feet away. Judy eased off on the gas

**J**udy had begun to make terrible sense of what had been happening in Ripton Falls since all the executives hired by Hilliard and Com-



Thirty. *He'll probably want to pass me.*

"I told someone that we were going to visit Gram and Grandpop. But don't worry, I didn't tell Daddy."

The brown car was right behind her now. There was a big man behind the wheel. His hand motioned for Judy to pull over and stop. She braked.

"I called Erin this morning and told her the secret. I'm sure she won't tell Daddy."

Judy recognized the man in the brown car. Howard Hilliard. She smashed the gas pedal to the floor. Her car shot forward. Howard was taken by surprise, but in half a mile he was on Judy's rear bumper.

"Mommy, why are we going so fast? You're scaring me."

Suddenly, Howard slipped back. Judy looked ahead and saw what he had seen: a green van pulling across the road. There was a metallic scream that splintered Judy's senses, a swirl of glass—and nothing.

**H**al was about ready to leave his office for the day when the telephone rang.

"Harold?"

Only his mother-in-law called him that.

"Hello, Hester, how are you?"

"Worried, Harold. I'm here at the airport. Judith and Ann didn't get off the plane they were supposed to be on. There isn't another plane until late this evening. Will they be on that?"

*Come on, Hal, scramble. Show you're on top of it . . . or she will get scared. As scared as you are.*

"Judy's been having car trouble. That may be the problem. Let me get on the phone and see if I can find out."

"Thank you, Harold. I tried calling your house, but there was no answer."

"Don't worry, Hester, I'll call back soon as I can." He was too scared to think. He just ran for the Jeep and took off.

Judy's car was gone. There were no lights in the house. As Hal opened the front door a slip of paper fluttered to the carpet. It was a note from Judy. Reading it, Hal felt her terror etched in every line.

The phone rang. He grabbed it.

"Hello, may I speak to Mr. Richardson?" It was a woman's voice.

"Speaking. Who's this?"

"My name is Horn. I'm a nurse at East Springfield Hospital. Your wife and daughter were admitted this morning after a car accident."

"My God!"

"Your wife's hurt, but your daughter's fine. A few contusions and a small cut above her eyebrow. She's going to X-ray shortly for her wrist, but the doctor thinks it's only a sprain."

"And my wife?"

"Her condition is stable. She broke

her left arm and three ribs. But there's no serious problem." She gave Hal directions for getting to the hospital.

A bruise circled one of Judy's eyes.

"Judy, I'm here. It's okay. You're going to be fine. Annie just got bumped around. I can take her home tonight. You'll be out by Tuesday."

"Annie," she murmured. "Annie, honey." Her eyes were still closed.

"Annie's not hurt. Just a few scratches."

Judy's eyes snapped open. "Hal! Where's Annie? You must get her!"

"Take it easy, Jude. I just saw her. She's scratched up, that's all."

"No, Hal! Stay with her! Don't leave her alone or they'll take her away. They'll change her," Judy screamed. "Like they changed the other children. They never laugh now."

"Relax, Annie's okay."

"They'll get her. Howard almost did. Only the car crash stopped him. They'll take Annie to that barn. The one without a roof. Please, listen! It's Annie they want."

## Everything had gone smoothly. In ten minutes they would be away from Ripton Falls. Safe.

Her cries brought a nurse into the room. She motioned to Hal that he should leave. A knot of people were waiting for the elevator, so Hal took the stairs and ran down two floors.

Annie's bed was empty.

"Excuse me," Hal said to the floor nurse. "I just went to see my daughter and she wasn't there. Where is she?"

"Name?"

"Richardson. Ann Richardson."

"Your brother is checking her out."

"My brother?"

"Well, maybe your wife's brother. He took her to the cashier's office just a few minutes ago."

Hal ran to the stairs and took each flight in two bounds. He rushed up to the cashier's office, shouting, "I'm looking for my daughter. Ann Richardson. She's nine. Did she just check out?"

"Richardson? Little girl with red hair? Her uncle just paid the bill."

"Her uncle?"

"That's right. I couldn't forget. It's been years since anyone around here paid cash."

**F**ury gripped Hal. He knew now that Judy was right—had been right all along. They and the other families had been lured to Ripton Falls because the Hilliards wanted their children. Why hadn't he believed Judy? She had said they would take Annie to the barn—the strange room-

less building that had scared their dog. Where the children's coven must have ended 300 years ago.

He drove the Jeep hard. A month ago he had been bird-watching with Reid Prescott and they had driven past the clearing near the barn. They had approached from Northampton, and Hal had been surprised to find the barn so close by. And that was the way he would beat Howard there.

He drove flat out, skidded into the turnoff and powered uphill on broken blacktop. Where the paving ended, the road narrowed. Hal braked, switched off his headlights and sat quietly to let his eyes adjust to the pale moonlight.

*You're not taking my kid!*

He inched the Jeep forward in low gear, without lights. The road dropped in a gentle slope. Hal coasted quietly until he could see the trees that screened the barn. He eased the car into the clump of bushes off the road and got out. As he walked toward the barn he heard Cameron Hilliard's voice. He dropped to the ground and crawled the last 20 yards.

The entire side of the barn was banked with bales of hay. There was a strong reek of gasoline. The bales were soaked—primed to become a funeral pyre at the drop of a lighted match. Once the Hilliards had used the children for what they wished, was this how they planned to cover their tracks?

Hal found a chink in the barn siding and looked through it. Inside the roofless barn, in a flood of moonlight, were three Hilliards—Cameron, Elliott and Laurie, all wearing strange black clothing.

"When will the children be here?" Cameron asked.

"The wagon's on schedule, Grandfather," Laurie said. She was kneeling before something that Hal couldn't make out. His view was blocked by a thick post standing five feet high. There were six other posts, arranged in a semicircle. Of course! The cemented holes he had seen that day so long ago were sockets to take the posts. But what were they for?

"Why is Howard taking so long?" Cameron asked.

"Don't be fearful, Grandfather," Laurie said. She was still busy, her back to Hal. "He has to wait at the hospital for the right moment. He'll have her back when we need her."

"We must not fail now," the old man said. "They've waited such a long time. Oh, it will be wonderful for all of us to savor our revenge!"

Revenge? What did Cameron mean? Hal moved around to the other side of the barn. The odor of hay drenched in gasoline followed him. He found a crack as wide as his thumb. Now he could see what had preoccupied Lau-



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rie. It was a large doll, one of those he and Judy had seen at the Hilliard house tour, in that queer air-conditioned room. His children, Cameron had called them.

All the dolls were there, sitting on small chairs facing the posts. Laurie and Elliott stood behind them.

"Now," said Cameron, "we must ready our children for the witnessing. The witnessing we have hungered for since they were betrayed."

"Yes, father," Elliott said.

"Their screams will be a chorus to our laughter," Cameron shouted. "Now we must prepare our children for those who soon will arrive. Laurie?"

"Yes, Grandfather. I will begin." She walked to the first doll and peeled away its wax face. Beneath what had been a mask was the shriveled parchment skin of a mummy. Laurie went to the second doll. Again, she peeled away the wax face. Underneath was the mummified face of a girl. Clinging to her skull was short, pale hair. As Laurie moved on to the other dolls, Hal staggered away from the barn, nauseated. He knew who these mummy-dolls were.

*Move, damn it. They don't have Annie yet, nor the other children.* Hal snaked back the way he had come. Howard would be arriving soon, and he had to stop him. He found a fallen tree limb as thick as his thigh and eight feet long. He laid it across the dirt track; nobody could pass without moving it aside.

He was in a roadside thicket looking for another tree limb to use as a weapon when he saw a car's headlight. He grabbed the first stick that came to hand and backed against the Jeep.

The oncoming car stopped in front of Hal's barricade. Howard Hilliard stepped out, lifted the tree limb and carried it to the side of the road, right where Hal was crouched.

He slammed his stick against Howard's temple. It broke. The big man fell to one knee, rose and sprang at Hal. He slammed Hal's head against the Jeep, grabbed him by the throat and shoved him backward over the Jeep's front seats.

Hal's right hand fell between the seats, felt something long . . . thin . . . metallic—Judy's knitting needles! He grabbed one and thrust upward blindly.

Howard fell away from Hal and toppled backward. Hal saw the button end of the needle sticking out of his left eye. Howard's legs jerked for a moment, then he was quiet.

Hal lay on the car seat, gasping and trying to swallow. Then he sat up, coughing, and limped over to Howard's car. Annie was lying on the seat, asleep. When Hal opened the car door the sweet smell of ether wafted out.

"Honey, wake up, it's me. Daddy." He rubbed Annie's cheeks.

Her eyes cracked open. She stared at Hal as if he were a stranger. Had Howard already gotten to her?

"Annie, baby, do you hear me? Listen, Annie. Knock, knock."

"Who's there?" said Annie, in a small voice.

"Pencil."

"Pencil who?"

"Pencil fall down if you don't wear a belt."

Annie smiled. She laughed. "You're silly, Daddy."

Hal kissed her. Thank God! She still belonged to him and Judy.

"Daddy, your beard's scratchy."

"Don't leave the car, baby," Hal said. "I'll be right back. Understand?"

"Yes, Daddy. Where's Mommy? We had an accident—" Exhaustion silenced her. Hal watched until she fell asleep. Then he went to the Jeep, stumbling in the darkness over Howard's body, and took a book of matches from the glove compartment. He ran to the barn and slid along the wall until he found a crack in the siding. Looking through it, he saw that all the dolls had been unmasked.

## Howard would be arriving soon, and Hal had to stop him.

He knew what they were; they were the remains of the coven, preserved through some hideous Hilliard alchemy, grisly with rot but still distinctive. One had a nastily bent nose like the barb on a fishhook. Another's lips were grotesquely full. There was no resemblance between these . . . things and their own children.

Now he understood. Their children were duplicates, not of the evil children, but of the good children, the children who had been slaughtered. So the painting was of the good children, a commemorative for grieving parents. No wonder the faces had been gouged out. The Hilliards couldn't stand the sight of them. They were the objects of 300 years of hatred.

Someone inside the barn was speaking. Elliott. "I think I hear the wagon," he said.

Hal heard something too, a far-away creaking. He saw that a table had been set up in the barn, its top covered with scalpels, shears and cut-throat razors. And he knew what was going to happen, unless he could prevent it. Their look-alike children—his Annie!—had been brought to Ripton Falls so they could be killed. Killed in a ritual reenactment of that first killing long ago. The Hilliards would rope them to the posts and slaughter the like animals. They would carve out their hearts in the name of a revenge that had festered in their ancestors for hundreds of years.

The creaking of wagon wheels was louder now.

**C**ameron was laughing when Hal lit the first match. As it ignited the gasoline-soaked hay at the back of the barn, Hal ran to the front, swung the big doors shut and snapped down the latch. He dropped another match on the hay bales pile beside the doors.

The screaming began. A board exploded out, and Hal could see the Hilliards inside the barn, crowded together, their clothes smoldering. He turned to meet the approaching hayride wagon. T.C. Junior, his face blank, held the horse's reins like a robot. The children in the wagon neither moved nor spoke.

Hal grabbed the horse's bridle and ran the wagon down the road. As he passed the flaming barn, the scream of the Hilliards stopped. The only sound was the hungry howl of the fire. Ahead was Howard's car and Annie. Hal tethered the horse to a tree.

All at once, the children were laughing.

"Do raisins have fur coats?" T.C. Junior asked.

"Course not," said Erin, giggling.

"Then I just sat on a caterpillar."

This set off waves of laughter. And then Hal understood: The Hilliards were dead, and the dark bonds that had held the children were broken.

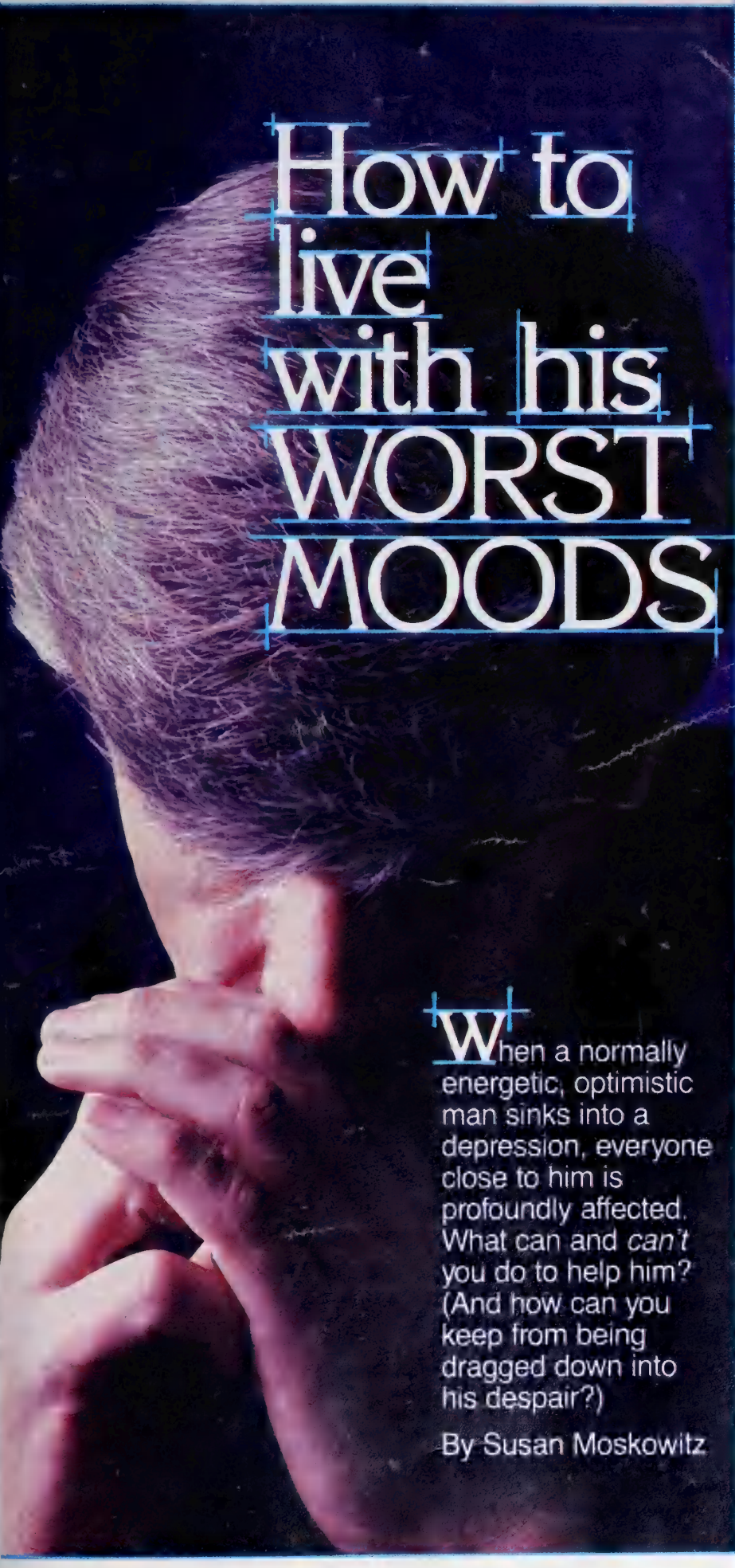
"Let's wake up Annie!" he shouted, pointing toward Howard's car. "She's sleeping in there."

Whooping and shouting, the children tumbled out of the wagon. Soon as Annie was awake, he herded everybody into the Jeep. It was a tight fit, but they loved that. When they got to Hal's house everybody piled out, and Hal turned on the TV. Then he called the East Springfield Hospital.

Hal had just enough time to tell Judy that Annie was safe, that all the children were safe, that he'd be doing to get her, that he loved her, oh, loved her—

The nurse cut him off. And just time, too. Because Hal was starting cry.





# How to live with his WORST MOODS

**W**hen a normally energetic, optimistic man sinks into a depression, everyone close to him is profoundly affected. What can and *can't* you do to help him? (And how can you keep from being dragged down into his despair?)

By Susan Moskowitz

For decades, studies have indicated much higher rates of depression for women than for men. Women became used to reading and thinking almost exclusively about their own mood changes. But while men have never been immune to depression, the illness is now reported to be more widespread among them than ever before. A study published recently in the *Journal of Abnormal Psychology* reveals that 49 percent of the men surveyed had experienced at least one "diagnosed episode of depression" during their lives. In fact, the statistical gap between men and women may be closing. A 1977 landmark survey of depression in the United States predicted that economic uncertainty, coupled with changing social roles for men and women, might cause dramatic increases in male depression.

And, indeed, a mere four years later, a 1981 Yale University study showed that in less traditional marriages, men exhibit *more* depressive symptoms than women. Transition means stress—and depression—for many men. Today, it is a rare woman who has never seen her husband through a depressed period.

If you have survived the experience, you know that it can be a difficult, even devastating, time for both of you. What you may not know is that you can help him when he's down. In fact, a positive response from you can be crucial to his recovery.

## When depression strikes

The term "depression" doesn't mean a transient bout of the "blues" or even the grief that accompanies a profound upset, such as the death of a loved one. Those feelings are a natural part of handling life's big and small crises. Rather, depression, a clinically recognized disorder, involves an inability to deal with stress. It is an inappropriately extreme and long-lived reaction to failure or loss—and may appear as a low-level but chronic disinterest in life or as an acute, even suicidal, despondency. (*continued*)





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## HIS WORST MOODS

continued

Men frequently become dejected when they feel they have failed to measure up as men. "A man's depression has to do with his growing sense that he just may not be the kind of man he is 'supposed to be,'" says Dr. Jeffrey Luria, supervisor for the National Institute for the Psychotherapies, a training and treatment center in New York. "This may involve the idea of success, how much money he is making, how his sex life rates . . . or even whether he is the perfect father." The "supposed to be" can exert enormous pressure, not allowing many men to think about what they might really *want* to be—until after an emotional crash. Since most men invest their self-esteem in work, many men become depressed when something goes wrong on the job. At 40, Gerald was a top government official in a major city. The pressures at work were murderous, and his wife, Janine, warned him in vain to take it easy. "There was no slowing him down," she says. "He felt personally responsible for the least little thing his department did." A quiet man, Gerald never talked about work, which eventually meant concealing his growing inability to handle the stress of his office. Although Janine noticed changes in him, she didn't understand what they meant. "He wasn't sleeping well, and he seemed tense. I just thought he was working too hard, as usual," she says. "Then once at four A.M., I found him sitting in the car with the motor running. 'Gerry, where are you going?' I asked. He wasn't sure. I brought him back to bed."

Something was very wrong, but Gerald continued his stoic silence. Finally, one morning, some colleagues brought him home from work. "He was

confused about who he was," recalls Janine. "He kept looking for me and I was right there." Hospitalized for three days, he was diagnosed as severely depressed. Back at home, he started a program of psychiatric treatment and drug therapy.

Ironically, successful middle-aged men like Gerald are especially vulnerable to depression, comments Dr. Helen DeRosier, author of *Women and Anxiety* (Delta, 1981) and a psychiatrist who works extensively with depressed people. Perceiving this stage in life as a time of reckoning, they castigate themselves for not being as successful as they had anticipated. Many decide life is all over. Dr. Luria agrees this is a common phenomenon: A man attains "The Dream," realizes it has not brought him the promised happiness and becomes disillusioned and depressed.

Of course, ambitious men of any age are susceptible to job-related depression, particularly with today's difficult economy. Eric, a young linguistics instructor, saw the coming crunch in his profession in time to retrain at the university's business school. But he had to wait 11 months before he got his first corporate job. His wife, Sarah, remembers the period well: "He kept very busy for a while, trying to find work. He was almost *too* busy—lying awake at night thinking over his contacts, constantly rushing around town. Then, he began to seem angry at everyone . . . even me. We had a lot of senseless fights. Finally, I realized he wasn't doing anything anymore. He hung around the house, totally defeated. At times, he was so hopeless he almost had *me* convinced he was a loser."

As in Eric's case, the signs of an approaching depression may be hard to read. You have probably heard that a depressed person is supposed to ex-

hibit such symptoms as fatigue, loss of appetite, lack of sexual interest, sleep disturbances, apathy, even crying spells. Doctors now believe, however, that the symptoms and stages are more individualized and unpredictable than previously thought. Eric's sexual demands, for example, changed character and increased dramatically at first. He wanted to make love only in the morning—every morning. Then after several months, he lost all desire. "It was like living with a roommate," says Sarah. "Nothing. No spark. No interest." Then, too, men tend to defend themselves against awareness of depression—and their despondency may be masked or acted out as irritability, anger or panicky activity.

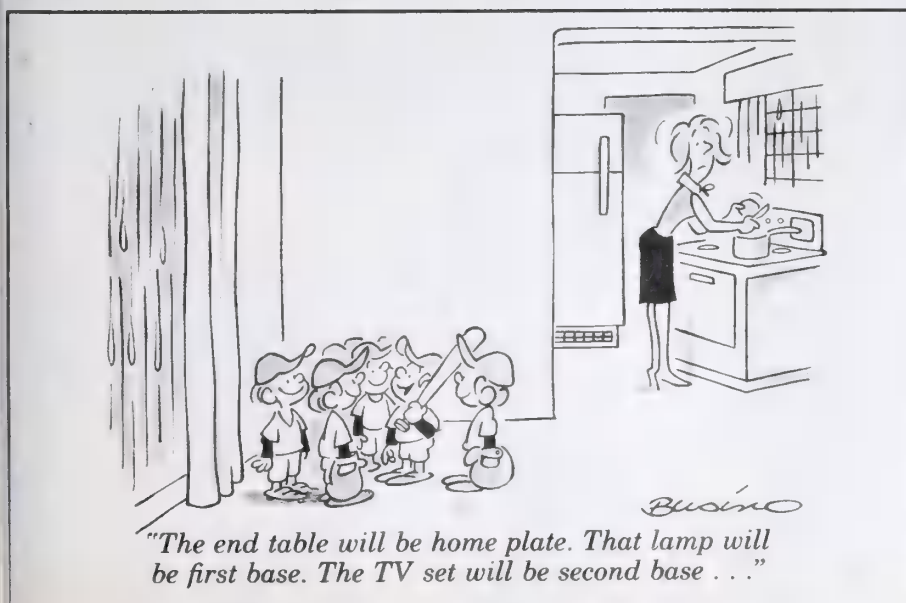
### How men react to depression

Why are men so intolerant of depression in themselves? Research shows that the standards of society may be to blame. According to a recent University of California study, depressed men are more likely than depressed women to be rejected by others. "It's a cultural thing," explains Dr. Luria. "Men are encouraged to see depression as weak, a woman's feeling . . . to express a sense of depression is considered so unmasculine it's unforgivable. In therapy, a man may, for a moment, cry. And then he'll become angry, an emotion that's okay for a man. Anger is Clint Eastwood. Who's depression? Depression is Woody Allen—and not many men want to identify with that image." This "macho" anger is not a healthy response to some outward injury, but a destructive expression of underlying depression. As such it can perpetrate a dangerous cycle of rage and denial.

Still, as the person closest to him, you may be able to recognize your husband's cloaked depression for what it is. You're likely to know him well enough to be able to tell the difference between a couple of bad days and a persistently troubled mood. Suppose, though, that the whole idea of his depression upsets you just as much as it does him? "A woman may be afraid to view her husband as dependent and weak, particularly if he has always seemed to be strong and in control, someone *she* could count on," says Dr. Jeffrey Rubin, a member of the medical board of the Karen Horney Clinic, an outpatient treatment center in New York, and a faculty member of the American Institute for Psychoanalysis, a New York training institute.

Yet, experts agree that acknowledging that an illness exists and giving it a name can actually help *both* partners. Dr. Rubin stresses that when you become aware of any unusual and long-term changes in your husband's

(continued on page 60)





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## HIS WORST MOODS

continued from page 57

behavior or mood you should be prepared to suggest to him gently and lovingly that he may be depressed. Sarah was the first one to use the word "depression" with Eric. "He cried with relief," she says. "We felt we had a place to work from, a problem we could look at and possibly solve." Another, less direct tack would be to encourage a man to ask a doctor about his "tiredness" or "irritability." An enlightened physician can help enormously by diagnosing the problem as emotional—and treatable. Says Dr. Rubin, "Once you both know he's depressed, you're way ahead: You can make choices about what to do."

### How women react

In some cases, though, the difficult choices are left entirely up to the woman. Harriet's husband, Sam, who is in his late 60s, had been an active man and a successful doctor until he suffered a stroke three years ago. But, while some physical disability has remained, Sam is far more crippled by the depression that overcame him. "He was such a powerful man that everyone thought he would fight this thing," Harriet says, "but his ego was destroyed. He won't do anything to help himself." He won't take the physical therapy, which might improve his mobility, and he adamantly rejects psychological counseling.

For three years, Harriet has tried single-handedly to vanquish Sam's emotional illness. "All day long, he sits in his room, silent, brooding. He hardly bothers to dress—and he used to be almost vain about his appearance," Harriet says sadly. To get Sam interested in life again, Harriet takes him to museums, concerts and friends' homes, and she buys him art supplies to rekindle his pleasure in sketching and sculpting. But Sam won't respond, and he won't talk about what's going on inside. In fact, he and Harriet barely speak at all to one another. But the demand that she do everything for him seems constant. Harriet says, "I *still* feel responsible for getting him out of that depression. I feel terrible because *I* can't make him well."

Like Harriet, many women respond to their men's darkest moods with an exaggerated sense of duty. "Women tend to blame themselves for their husbands' depressions to begin with," says Dr. Rubin. "A woman may think 'If my love were powerful enough, these other things wouldn't upset him,' or, 'I'm just not a good wife if he is unhappy,' and then feel responsible for making everything okay. How to help is tricky for women, because they are compulsive helpers."

While loving concern is needed, a woman's "make-it-all-better" attitude can lead to trouble. Dr. DeRosis points out that if a woman can't cheer up her husband—and chances are her time-honored strategies for chasing the blues won't work on a depression—she's bound to feel like a failure and may fall into her own depression. But a depression doesn't have to take over a household. "That only happens," suggests Dr. Luria, "when the other person thinks she's got to do something, or *everything*, about the depression."

This is an impossible task for a woman. No one can fully share or relieve another person's depression—although that person may demand, explicitly or otherwise, that you get him out of it. Trying to satisfy that demand, says Dr. Luria, can be destructive. He explains, "She's always trying to cheer him up, but he ('Nothing can help me now') makes her feel more and more a failure. A woman has to be very careful not to make his depression the motif of the relationship." A sure danger signal, he adds, is when a woman becomes so compliant and deferential to his depression that she's angry with herself and with him.

### Your potential as a helper

What you must do is recognize your individuality. "As a separate person," says Dr. Rubin, "you may have something to offer, but you're not going to be responsible for the other person's problems or feel like a failure if you can't solve them. No matter how close the two of you are, your husband must ultimately go through his depression alone. That's a terribly difficult, but crucial, realization."

But, once depression is out in the open and both partners understand its destructive potential, there is a great deal you can do to help.

- Be a listener with whom your husband can freely discuss his feelings.
- Offer warm and steady support, compassion and tolerance. Don't give false encouragement or present a snap-out-of-it attitude.
- Make every attempt to engage him in family and social activities. Encourage him to get physical exercise—it works wonders against depression.
- Provide plenty of simple, nonsexual physical affection such as hugging, holding and stroking. "Sometimes it may be a good idea for a couple to forget about all the talk and concentrate on touching, which is a basic way of nurturing," says Miriam Heller, a Long Island, New York, therapist.
- Be prepared for anger and rejection. He is probably lashing out because he is suffering so. While there may be problems between you, assume only the appropriate share of accountability. Remember, it is *his* depression.

● Understand that there is a time to leave the depression alone. "You do everything you can," says Dr. Luria, "and then you let it be. He will almost always come out of it, given time."

● Insist that he get professional treatment if the depression radically restricts his normal functioning, if he has no sense of a future, or if he is actually talking or thinking about suicide. Fortunately, most depressions run their course without requiring emergency intervention.

Even professionals find that helping is largely a matter of balance, good judgment and instinct. Let both your love and good sense guide you. While a depression must be respected, you shouldn't allow your husband to wallow in it or manipulate your sympathies or guilt. There's great power in the seeming helplessness of a depressed man, because you feel so bad for him and he feels so desperate. But Miriam Heller warns: "He may panic or become more depressed if you allow his illness to wield power over you. He knows that he can't trust his own impulses and he would really prefer you to remain strong." Your sensitive role requires a sense of timing—knowing when to approach or let go, when to be tender or tough.

### Taking care of yourself

By now you can see that helping does not mean being submerged in his depression or succumbing to the mood. Instead, the stronger your physical and emotional condition, the more useful you can be. "Staying healthy and moving on with your own concerns presents the depressed man with a good example of stability—and he needs it," points out Heller.

You also have a responsibility to yourself as a deserving human being to go on with your own life and maintain your sense of personal worth. Women who have survived a man's depression agree that nurturing their own well-being is essential. Leslie, for instance, says that her husband Paul's depression over the lingering illness and death of his father was hard on her, but that she found a simple remedy to help. "I began sewing a vest in the hospital corridor every weekend. That really helped me, that dumb vest!" she laughingly recalls. "It gave me some space from the sadness and was the one thing that was entirely for me. I still feel good wearing it." In the midst of living with a loved one's pain, it's important to remember that small pleasures exist and happiness is possible.

A woman should also remember that feelings of resentment, even of intense anger, toward her husband are natural and understandable. Most women, for example, experience the urge just to walk out. Harriet says: (continued)



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### HIS WORST MOODS

*continued*

"Sam sits there like a rock and sometimes . . . I feel I could do something to him. When I'm alone again downstairs, I clench my fist and bang it against the wall. Often I wonder if I should break away from him, even for a little while . . . But how can I leave him after forty years? I still love the man and I have a conscience . . . and maybe a guilt complex."

Usually love, not guilt, keeps a wife waiting patiently for her husband to get well. Living your own life makes patience easier and defuses the strong appeal of an instant "solution" such as leaving, which should only be a carefully considered last resort, not an impulsive act. You may also find sessions with a therapist helpful, whether or not your husband agrees to attend.

Even without professional help, you don't have to handle the problem alone. "Get a support system of trusted friends going as soon as possible," advises Dr. DeRosis. "Often a man will be less negative with friends than with family." You can also ask children to help. Even the youngest child can understand being unhappy over a failure or loss and can deal with Dad's depression on his or her own terms. Dr. Rubin notes: "It is a form of

emotional deprivation for a child *not* to know that a father can be vulnerable." He points out that children who are kept in the dark about a parent's emotional illness may take it personally or blame themselves.

Janine and Gerald never regretted talking candidly with their seven children about their father's depression. "The kids felt we had put a special trust in them," says Janine. "They pitched in and got Gerry to do things, to take an interest in the world in a way I couldn't have. We had such a lively household that there was never a chance for gloom to settle over it."

#### A fresh start

While depression can certainly be painful, it can, in the long run, be a positive experience. "The fact that a man is depressed may herald a breakthrough. It may mean a chance for him to examine his life and values. Hopelessness can lead to new hope," says Dr. Rubin. Depression may be a time, as one recovered man put it, "to think about who we really are rather than who we were told we had to be. What is success really about? What is humanness really about?"

Gerald's recovery is a good example of using the illness to begin again. After several weeks of treatment, he felt well enough to try a part-time

return to his hectic office, but he had learned enough about his response to severe stress not to subject himself to it again. So he undertook perhaps the most difficult part of his recuperation—the reconsideration of dreams and priorities. Today he has his own successful consulting firm, a more reasonable pace to his life and a sense of optimism about the future. Indeed, a University of Connecticut study showed that mid-life changes from high-status careers to less prestigious ones are a healthy sign of development, usually resulting from a quest for greater harmony between personal values and work.

In addition, the crisis created by depression may be a chance for your relationship to grow. Coping with this crisis together is an intimate ordeal that can unite you and your husband. And his depression may be an opportunity for you as well. If you are not overwhelmed, you will emerge with a renewed sense of your own strength, wisdom and worth. As Dr. DeRosis sums up: "The hoped-for outcome is that the woman will use her partner's depression to grow and reevaluate her life as well. The name of the game is change. As painful and difficult as it can be, change often brings the most wonderful, unanticipated benefits in life."

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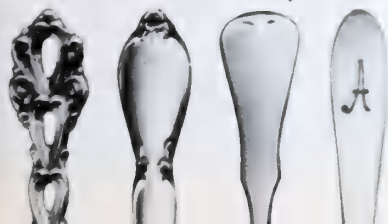
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## SOUTHERN FOOD WITH SPECIAL STYLE

A sampling of recipes from the southernmost city in America, including the all-time classic (shown here), Key Lime Pie.

The *Key West Cookbook* is one of those rare cookbooks that "reads as well as it cooks." First published by the local Women's Club in 1949, the book has maintained a steady sale because of its unique combination of delicious local recipes and chatty comments (all handwritten) about good food and life in general in this semi-tropical city, the southernmost point of the U.S. Here is a sampling of those recipes, with appropriate comments from the book.

Fish Stew is a hearty, simple soup of cubed white fish (kingfish in this case),

oysters and shrimp—all so abundant in local Gulf waters (though you can easily find them in your supermarket). As the book notes: "The most useful thing a new cook can learn is a repertoire of simple soups—not Hollandaise sauce and crumpets." We agree, and we could feast on this soup any day.

Baked Cucumbers (this vegetable is always available and affordable) are introduced with a bit of local poetry: "In the isle of Key West,/Fun isle of the rhumba,/We've found they are best/If we cook the cucumber"

(continued)

Photographs by Ken Regan/Camera 5, from the deck of Pier House in Key West, Florida.





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## SOUTHERN FOOD

*continued*

(use Southern accent). The recipe is a new (and imaginative) one to us—baked with bacon, tomatoes and onion—and we found it a delicious side dish with meat or fish.

Key limes? No Key West story would be complete without them—the ever-present local citrus, introduced with this bit of doggerel: "We uses 'em in fish, / And we uses 'em in pie; / And if you uses limes enough, / You'll never, never die." We've chosen two recipes using Key limes, which are yellowish in color and smaller and zestier than the more familiar green limes (though the latter are an acceptable substitute): Key Lime Pie, shown in the photograph on page 64, and a luscious Jellied Lime Salad with Melon or Papaya. An interesting serving suggestion with the salad is to use an oil and vinegar French dressing that's been shaken and then stored with a cut onion in the bottom of the jar.

From the dessert section, we chose Mrs. Truman's Pudding, to honor the former First Lady and her husband, who spent so many happy leisure hours in Key West. The pudding is a surprisingly light apple-nut mixture, carrying out the book's philosophy: "Here in the tropics, heavy desserts are not, as the Spanish say, 'simpatico.'" But because Key West also has a strong English heritage, we've included in our selection some heartier desserts, such as Coconut-Marshmallow Cake and an unusual Guava Cake (easily made with canned guavas).

The one category of recipes we've not included are those using conch (pronounced "konk"). This local shell-

fish just doesn't travel well, but if you go to Key West, be sure to try it in its various ways: fried, stewed, in fritters. Delicious!

To sample recipes, read on; to order a complete copy of *The Key West Cookbook*, check the coupon on page 70.

—JOHN STEVENS

### KEY LIME PIE pictured on page 64

4 eggs, separated  
1 can (14 oz.) sweetened condensed milk  
½ cup fresh lime juice  
1 baked 9-inch pie shell  
1 tablespoon sugar  
½ teaspoon baking powder

In medium bowl beat egg yolks. Add condensed milk and beat until well blended. Slowly add lime juice, mixing well. (Custard will thicken as you add lime juice.) Pour immediately into baked pie shell and top with meringue (below). Bake in preheated 325°F. oven until delicately browned, about 8 to 10 minutes. Makes 8 servings, about 325 calories each.

*Meringue:* In small mixer bowl beat egg whites until stiff. Add sugar and baking powder, beating constantly. Spread meringue over filling, covering filling completely and sealing to edges of crust.—*Eva Navarro*

### JELLIED LIME SALAD WITH MELON OR PAPAYA pictured on this page

*This basic lime jelly is good with any fruit.*

1 envelope unflavored gelatin  
3 tablespoons cold water  
1 cup hot water  
½ cup fresh lime juice  
½ cup sugar  
¼ teaspoon salt  
3 cups melon or papaya balls (use cantaloupe, honeydew or watermelon for color)

Soften gelatin in cold water about 3 minutes. Add hot water and stir until dissolved. Add lime juice, sugar and salt. Stir until sugar is completely dissolved. Allow to cool and thicken slightly before adding melon balls. Pour into 4½-cup ring mold that has been rinsed with cold water. Refrigerate until firm, about 4 hours.

*To serve:* Unmold and fill center with additional fruit and use any tangy salad dressing. Makes 4 to 6 servings, about 145 calories per 4, 95 calories per 6, without dressing and additional fruit.—*Constance Johnson*

### GUAVA CAKE pictured on this page

1 cup sugar  
½ cup butter  
3 eggs  
2 cups cake flour  
2 teaspoons baking powder  
½ cup water  
1 small can (8 oz.) guavas, undrained (or fresh guavas lightly stewed in sugar)  
Guava jelly, about 1 cup

Preheat oven to 350°F. Grease two 8-inch round cake pans or a 13x9-inch oblong cake pan. In large mixer bowl cream all ingredients except guavas and jelly. Fold in guavas and syrup. Bake 25 to 30 minutes for 8-inch pans, 35 to 40 minutes for 13x9-inch pan, or until toothpick inserted in center comes out clean. Cool; then spread with guava jelly. Serve with fresh fruit compote. Makes 24 servings, about 200 calories each without fruit.—*Genevieve A. Warren*

*Ed. note:* We chopped guavas and syrup in food processor.

### COCONUT MARSHMALLOW CAKE pictured on this page

**Cake**  
1 cup sugar  
¾ cup butter  
4 eggs (reserve 2 whites for icing)  
2 cups cake flour  
1½ teaspoons double-acting baking powder  
½ teaspoon salt  
½ cup milk  
1 teaspoon vanilla extract  
**Icing**  
1 cup sugar  
½ cup boiling water  
¼ teaspoon vinegar  
2 reserved egg whites, stiffly beaten  
10 marshmallows, cut up  
1 fresh coconut, grated (about 2½ cups)

*Cake:* In large mixer bowl cream sugar and butter, then add eggs one at a time. Combine flour, baking powder and salt; add to mixture alternately with milk. Mix well; add vanilla. Pour into 3 greased and floured 9-inch cake pans. Bake in preheated 350°F. oven 20 to 25 minutes, or until toothpick inserted in center comes out clean. Cool completely on wire racks before frosting.

*Icing:* In medium saucepan combine (continued on page 70)



*Clockwise from front center: Jellied Lime Salad with Melon, Guava Cake, Coconut Marshmallow Cake, Mrs. Truman's Pudding.*





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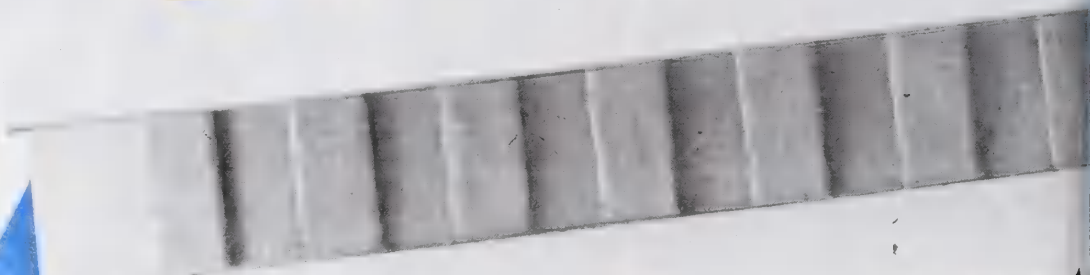
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## SOUTHERN FOOD

continued from page 66

sugar, boiling water and vinegar and stir until sugar is dissolved. Cook over medium heat until mixture forms a ball in cold water (about 240°F. on candy thermometer). In small mixer bowl beat egg whites until soft peaks form. With mixer running, gradually add hot syrup; then beat in marshmallows. Continue beating for 10 minutes. When icing is cool, spread on cake and sprinkle with grated coconut. \* Makes 10 to 12 servings, about 440 calories per 12, 530 per 10.—*Etta Patterson*

\**Ed. note:* We preferred to fold all coconut into the icing before frosting the cake.

### MRS. TRUMAN'S PUDDING

pictured on page 66

- 1 egg
- ¾ cup sugar
- ½ cup all-purpose flour
- 2 teaspoons baking powder
- ½ teaspoon salt
- ½ cup chopped apples
- ½ cup chopped pecans
- 1 teaspoon vanilla extract
- Heavy or whipping cream

Preheat oven to 325°F. Grease a 9-inch square pan; set aside. In medium bowl beat egg well. Add sugar and beat until creamy. Combine flour, baking powder and salt and add to egg mixture. Add apples, nuts and vanilla just until mixed. Bake 30 minutes. Serve with plain or whipped cream. Makes about 6 servings, about 255 calories each, garnished with 1 tablespoon heavy or whipping cream.—*Mary Ryan O'Brien*

### FISH STEW

- 1 carrot, sliced
- 2 medium onions, sliced
- 2 leeks, sliced
- 1 clove garlic, bruised
- ½ cup olive oil
- 6 slices kingfish, boned, skinned and cubed
- 2 large tomatoes or 1 cup canned (drained)
- 2 cups fish stock or water
- 1 bay leaf
- 1 dozen oysters or 1 conch, chopped
- 1 cup shrimp, crab or crawfish meat
- ½ canned pimiento, cut up
- Pinch saffron
- 1¼ teaspoons salt
- ½ teaspoon pepper
- 2 tablespoons lime juice
- Sliced Cuban bread
- 1 tablespoon minced parsley

In large pot or Dutch oven, cook carrot, onions, leeks and garlic in olive oil until golden brown. Add fish, tomatoes, stock and bay leaf. Simmer 20 minutes. Add shellfish, pimiento and saffron to taste. Season with salt, pepper and lime juice. Put rounds of Cuban bread in deep soup bowls and sprinkle with parsley; add fish stew. (Add 1 cup dry white wine when adding fish, if desired.) Makes 2

quarts, about 235 calories per cup, without bread.

### SPANISH BAKED FISH

- 1 large fish (we used a 6-lb. red snapper)
- Salt and pepper
- 1 sweet pepper, chopped
- 1 large clove garlic, chopped
- 1 onion, sliced in rings
- 4 tablespoons salad or olive oil
- 1 tablespoon vinegar
- 1 bay leaf
- 1 teaspoon oregano
- Paprika to taste

Clean and score fish. Place in baking pan and sprinkle with salt and pepper, sweet pepper and garlic. Top with onion rings. Mix oil and vinegar and pour over all. Place bay leaf in center, and crush oregano over entire surface. Sprinkle with paprika; bake in preheated 350°F. oven until tender, about 35 minutes. Makes 6 servings, about 375 calories each.—*Mrs. J.W. Brady*



### BAKED CUCUMBERS

- 3 slices bacon
- 3 large cucumbers
- 2 medium-ripe tomatoes, peeled
- ½ cup chopped onion
- Salt and pepper to taste
- ½ cup browned bread crumbs
- 1 tablespoon butter

Chop bacon. Cook slowly in iron skillet (do not fry). Meanwhile, wash and halve cucumbers lengthwise. Scoop out centers to within about ¼ inch of skin. Scald inside. Dice cucumber pulp and tomatoes. Stir in onion and seasoning. Add to bacon in skillet and sauté, stirring gently. Remove from heat and mix with some bread crumbs, leaving enough crumbs to sprinkle on top. Place mixture in cucumber skins. Top with crumbs and dot with butter. Place in bread pan with enough water to keep from sticking. Bake at 350°F. 25 minutes. Serve hot and eat the skins. Leftovers may be served cold. Makes 6 servings, about 145 calories each.—*Sue Day Holmes*

### BESSIE'S BLACK BEANS

- 1 pound dried black beans
- Water
- 6 garlic cloves, finely chopped
- 1 medium green pepper, seeds removed
- 1 large onion, finely chopped
- ¾ cup olive oil
- 2 bay leaves
- 1 teaspoon salt
- 1 tablespoon vinegar

Wash beans; discard any stones or shriveled beans. Soak beans overnight. (For quick-soak method, combine beans and 6 cups water. Heat, boiling; boil 2 minutes. Remove from heat. Cover and let stand 1 hour. Drain.)

In saucepot combine beans and cups water; cook 1 hour. Reduce heat and add garlic, green pepper, onion, olive oil, bay leaves and salt. Cook slowly about 4 hours until beans begin to thicken. Ten minutes before serving, add vinegar. Serve with boiled white rice and thin slices of cold onion placed over the top. This is best made the day before and allowed to "set" then reheat. Makes 4 cups, about 315 calories per ½ cup serving.—*Thelma Strabel Godwin*

### ROPA VIEJA

- 2 pounds beef flank steak
- 3 onions, coarsely chopped
- 7 garlic cloves
- 3 sweet peppers, coarsely chopped
- 6 bay leaves
- ½ cup vinegar
- Salt and pepper to taste
- 2 tablespoons olive oil
- 1 can (6 oz.) tomato paste or purée
- Fried Cuban bread, for garnish
- Pimiento and pimiento-stuffed olives, for garnish

In large saucepot or Dutch oven, brown flank steak with one large onion and garlic cloves. Add 1 sweet pepper, 3 bay leaves, ¼ cup vinegar, salt, pepper and water to cover. Simmer until meat is tender, about 1½ hours; skim foam. Remove meat and allow to cool, then strain into small pieces. Reserve cooking broth.

Sauté remaining onions, garlic and peppers in olive oil until tender. Add meat, remaining bay leaves, vinegar and ¼ cup reserved broth. Let simmer until liquid is absorbed. Stir in tomato purée. Serve on platter garnished with thin slices of fried Cuban bread, strips of pimiento and sliced stuffed olives. Makes 6 servings, about 315 calories each, without garnish.—*Genevieve Warren*

First published in 1949, the *Key West Cookbook* is a spiral-bound publication, chock-full of drawings and woodcuts that capture the flavor of Key West. As fun to read as it is to cook from, the book contains 265 recipes on 315 pages. To order your copy send \$12.50 (includes postage and handling) to:

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## Frozen Mocha Cheesecake

(Makes 12 to 15 servings)

1½ cups chocolate  
wafer cookie crumbs  
(about 24 cookies)

¼ cup sugar

¼ cup margarine or  
butter, melted

1 (8-ounce) package  
cream cheese,  
softened

1 (14-ounce) can Eagle®  
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milk)

⅔ cup chocolate  
flavored syrup

2 tablespoons instant  
coffee

1 teaspoon hot water

1 cup (½ pint)  
whipping cream,  
whipped

In small bowl, combine crumbs, sugar and margarine. In buttered 9-inch springform pan or 13x9-inch baking dish, pat crumbs firmly on bottom and up sides of pan. Chill. In large mixer bowl, beat cheese until fluffy; add Eagle Brand and chocolate syrup. In small bowl, dissolve coffee in water; add to Eagle Brand mixture. Mix well. Fold in whipped cream. Pour into prepared pan. Cover. Freeze 6 hours or until firm. Garnish with additional chocolate crumbs if desired. Return leftovers to freezer.



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Every 3 seconds—one property crime

One murder every 23 minutes

One rape every 9 minutes

One robbery every 58 seconds

**SPECIAL**

# CRIME

**REPORT**

## DON'T BE A VICTIM

### Newest ways to protect yourself from CRIME

One out of three American households will be touched by crime this year. But we *can* fight back!

This special report will help keep you and your family from becoming victims.

By David Nimmons

#### How accurate is your CRIME KNOWLEDGE? Take our test and see

How much do you really know about crime? With the help of a variety of experts, we've prepared this quiz for you to test your knowledge of the problem that touches us all.

1. Who are more likely to be crime victims?

- a. men
- b. women
- c. it depends on the crime

2. People from which age group are *least* likely to become crime victims?

- a. 15–24 years
- b. 25–65 years
- c. over 65

3. What portion of crimes are violent (murder, rape, robbery, assault)?

- a. 14%
- b. 42%
- c. 85%

4. Nationwide, what percentage of crimes are solved?

- a. 8%
- b. 19%
- c. 35%
- d. 70%

5. What portion of Americans report that their fear of crime prevents them from going to neighborhood places at night?

- a. less than 5%
- b. 14%
- c. 24%

6. In \_\_\_\_ out of 10 burglaries, the intruder is able to walk in without having to break in.

- a. less than one
- b. three
- c. more than five

7. What are the odds you will be hurt by an intruder in your home?

- a. 1 in 4
- b. 1 in 28
- c. 1 in 270

8. What percentage of homes have at least one firearm in them for protection?

- a. 14%
- b. 38%
- c. 52%

9. If you carry a weapon, chances are you'll be able to foil a robbery attempt.

- a. true
- b. false

10. How often are criminals high on drugs when they commit a crime?

- a. rarely (less than 8% of the time)
- b. about 25% of the time
- c. about 55% of the time

11. Murder victims know their killers:

- a. more often than not
- b. about a third of the time
- c. almost never—in less than 5% of the cases

12. In the last five years, the number of police in uniform in our cities has:

- a. increased
- b. decreased
- c. remained about the same

Turn the page to find the answers to these questions.



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One aggravated assault every 48 seconds

One burglary every 8 seconds

One larceny (theft) every 4 seconds

One motor vehicle theft every 28 seconds

## The answers:

1. The answer is c. Men are twice as likely to be victims of murder, robbery and assault. But women are at higher risk for crimes such as purse-snatching, pickpocketing, property theft and, obviously, rape.

2. Though it might surprise you, c is the correct answer. Studies show that a 65-year-old grandmother is eight times less likely to be the victim of a violent crime than a 20-year-old, and seven times less likely to have something stolen from her.

Experts say this is because elderly people stay at home and take more precautions. More than half those over 65 report having changed their personal activities out of fear, while only a third of those under 20 take such precautions.

3. Happily, the right answer is a, according to the Justice Department. Only one crime in seven is violent and, by far, most are crimes of property: theft from homes (27%), pickpocketing, purse-snatching and personal theft (40%). According to Benjamin Renshaw, acting director of the Bureau of Justice Statistics, a 1979 survey showed that violent crimes have not significantly increased, as many fear. He adds an encouraging

word about property crimes, too. "These crimes, particularly home thefts, may easily be prevented if people would look after their valuables with care and be alert to neighbors' vulnerability."

4. The correct answer, b, suggests that crime may pay. In only one case out of five are criminals arrested and the cases cleared, says the FBI. In four out of five crimes committed last year, the culprits "got away."

5. The answer is c, according to the Figgie Report's 1980 study entitled "America Afraid." Every fourth American leaves his or her home less than he or she used to after dark. The same fear makes six out of every ten Americans dress plainly to avoid drawing attention to themselves when they go out.

6. C reflects one of the most frustrating statistics of all. According to the Justice Department, in 57% of home burglaries, the burglar simply walked in through an unlocked door or window, or used a key. Americans lost more than one billion dollars in nine million burglaries in a recent three-year period—all involving cases where absolutely no force was necessary to gain entry. "These are crimes of opportunity," says Homer F. Broome, former acting director of the Bureau of Justice Statis-

tics. "They could be prevented with just a little more care."

7. C is right. Since in more than 90% of the break-ins in this country no one encounters the criminals (either no one is home, people sleep through the burglary or they are simply not aware of it), the odds against anyone's being hurt are 270 to one. However, if you are home and confront an intruder, the odds of getting hurt skyrocket to one in three.

8. The nationwide figure is c, according to the Figgie Report. The people most likely to own guns are widowed, divorced or separated women (68%) and married couples (60%).

9. The answer is b. (False!) This is a dangerous myth. According to the U.S. Conference of Mayors' 1980 study on handguns, people who use any self-protective measures during a robbery are eight times more likely to be killed than those who don't. The study also showed that an armed victim was no more likely to stop a crime than an unarmed victim.

10. B is correct, showing that the popular conception of the drug-crazed criminal may often be exaggerated. In a recent study of 10,000 state prison inmates, only 25% were found to be under the influence of drugs when they committed their  
(continued on page 79)

## "We are lucky to be alive, but..."

*One couple's frightening encounter with violent crime*

Linda reached her arm across the warm sheet on her husband's side of the bed and listened half-consciously to the familiar sounds of early morning—Tom's coffee cup clinking against the saucer, the car door closing, the blast of the ignition . . . but instead there was silence, and then the hushed tones of men's voices. She opened her eyes, confused by the break in the morning pattern. Why wasn't Tom leaving,

she wondered? What was wrong?

Outside the garage in the pre-dawn darkness, her husband was staring unbelievably at the sawed-off shotgun that was pointing into his chest. It was 3:30 A.M., the time he always left home for his job at the post office, but today, instead of finding a deserted street he had seen two men, loitering suspiciously.

When they started toward him, he felt confused and alarmed. Then he saw the gun and thought, "Linda . . . the baby. . . We're going to be killed."

It was May 12, 1980. Linda Wiley, 26, was only two months away from delivering their first

child, and Tom was desperately afraid for her and their unborn infant. After two miscarriages in two years of marriage, they had already come to think of this pregnancy as a kind of miracle. And now . . .

He felt one of the men remove his wallet from a back pocket, and prayed to himself that they simply would take the money and leave. But the two men seemed to be in no rush. Using the gun almost as an extension of his right arm, the leader prodded Tom in the ribs. "We're going into the house. Move."

"Look, before we go in, my wife's in there. She's (continued)



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## LUCKY TO BE ALIVE

*continued*

seven months pregnant," pleaded Tom. "Take whatever you want from the house—it's yours—but don't do anything to hurt her."

In the bedroom, Linda grabbed the phone and started to pull it into the bathroom. But before she could dial, she heard voices right outside the door. "Tell your wife to come out here," a man said gruffly. Linda gasped, one thought in her mind: "Oh, my God, I'll be raped. We'll lose the baby."

Moments later, the young couple sat side by side in the dining room, Tom's hand on Linda's shaking knee, her fingernails scratching nervously at her palms. The man with the gun stood over them, as his accomplice tore open doors and drawers, casting papers and clothes onto the floor.

The couple sat numbly, both trying above all to keep calm for the other, both fighting with the thought that they were going to die.

Linda felt the baby kick inside her. She knew she shouldn't look at the gunman, but she couldn't tear her eyes from his face. Tom gently patted her leg. "It'll be okay, Linda. Stay calm and we'll get through this. They'll leave soon . . . it will be okay."

He felt powerless, wanting more than anything to protect his wife and unborn baby, but defenseless in the face of a sawed-off shotgun. A 31-year-old Vietnam veteran, he wondered if they could escape. Could they reach the front door in time? Even if he could, Tom knew they couldn't, not with Linda pregnant.

"He's going to kill us," thought Linda. "He's not wearing a mask. We've seen his face. He'll have to kill us . . ." She turned away from the gun.

Their guard disappeared momentarily, and they heard the sound of muffled voices before he returned and gestured at them to get up. "We're locking you in the bedroom," he drawled.

Pushed into the bedroom, Tom and Linda crouched together behind their double bed, convinced that they would be shot. Tom grabbed his wife's hand and held it tight as she began to sob. "Please, Linda. It's okay," he begged her, all the while bracing himself for the impact of the bullet.

Then the door was slammed shut, and the couple heard footsteps receding, and, finally, the roar of a van as it was driven away.

In a moment, Tom was out the bedroom window and halfway over the neighbor's fence. "Dave!" he shouted. "Call the police! We've been robbed!"

And so began the second part of the ordeal—facing the police, answering questions, discovering the precious

items that were lost, cleaning up the house, dealing with neighbors' questions and the overwhelming fear that both the Wileys faced.

It seemed as if their their lives would never be quite the same again. "I guess we're lucky to be alive," says Tom. "But I wonder if we'll ever get over that night."

Neither of them could sleep for several days, and when they finally did, it was only with the lights on. Everything was strangely dislocated, Linda remembers. "I'd go to get something from a drawer and it wouldn't be there." The list of missing items seemed to grow daily, none worth a great deal of money, but so many with sentimental value: Linda's class ring from high school, a pin that a dear friend had given her, her grandmother's watch, a treasured guitar.

But the most alarming effect of the robbery was the fear that it left inside both of them, and a growing feeling of isolation from neighbors and friends who didn't seem to understand. The experience even dimmed their joy at their daughter Alison's birth two months later, robbing them of their self-confidence just when they needed it most as new parents.

### Fear almost paralyzing

The fear at times was almost paralyzing—even when several months had passed. Linda, a postal clerk like her husband, wouldn't even leave the house without her husband standing at the door watching.

"And I couldn't concentrate on my job," explains Tom. "I'd be adding a column of numbers and the gunman's face would flash into my mind. It was just like the flashbacks I used to have of Vietnam. It took me years to learn to deal with that, and I guess it will be years before I get over this."

An armed robbery on the block shook up everyone, and the once close neighborhood began to fragment. In the nine months following the crime, six families on the Wileys' block moved away.

Perhaps the most bitter lesson for the Wileys was how little the system seemed to care about them. The police, who came to their home right after the robbery, were overworked and tired after more than nine hours on the job. "I sure hope this doesn't take too long," said the first policeman on the scene. "I really want to get home." And later, when a suspect was arrested, the couple angrily discovered that he seemed to have all the rights. And that they had none.

His voice edged with anger, Tom explains: "The criminal gets free legal counsel, we don't. If he sees a psychologist, the taxpayer foots the bill; but if we get help to put our lives back

together, we have to pay for it ourselves."

And what happened to the men who held a gun to the Wileys that morning two years ago in San Jose, California? One was arrested in Tennessee five months later—suspected in connection with their robbery and seven others in the area (one of which had occurred around 11:30 P.M. the same night). The other man was never found.

The arrested man pleaded guilty to only one of the robberies and was sentenced to seven years in prison, which included extra time for prior arrests and for using a lethal weapon.

Under California law, he will be eligible for parole in four and a half years.

With counseling and understanding from friends and family, it's hoped that Tom and Linda will soon be free from their prison of fear, too. They're not free yet. You can tell that when you step out of their comfortable home into the bright sunlight and hear the sound of three locks clicking shut behind you.

## WHERE YOU CAN FIND HELP

Here are some ready sources of information to help in the areas of

### CRIME PREVENTION

The Eisenhower Foundation for the

Prevention of Violence

1666 K Street, N.W.

Washington, DC 20006

(800) 368-5664 or (202) 223-0530

Information on local programs

National Center for Community

Crime Prevention

P.O. Box 37456

Washington, DC 20013

(202) 783-6215

Information and referrals to neighborhood patrol organizations

### VICTIMS ASSISTANCE

National Organization for Victim

Assistance (NOVA)

918 16th Street, N.W.

Washington, DC 20006

(202) 265-5042

National clearinghouse for victims

Parents of Murdered Children

Charlotte and Bob Hullinger

1739 Bella Vista

Cincinnati, OH 45237

(513) 242-8025

Contact to find out location of local chapters

National Association of Criminal

Victim Compensation Boards

c/o Richard J. Gross

Workmen's Compensation Bureau

Highway 83, N. Russell Bldg.

Bismarck, ND 58505

(701) 224-2700

For financial help; will advise on local boards



# The hole truth.



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# Parliament

# Lights

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**Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.**

**†** Placebo, 0 mg; "low," 0.2 mg nicotine—Efficacy: 0 "low," 0.8 mg nicotine—TGO = 11 mg "low," 9.6 mg nicotine per cigarette. **EFC Report No. 07.**



Crime today is everyone's problem. And, while experts don't always agree on what can be done to stop it, they do say that in many cases you can protect yourself by taking certain precautions. Here are their tips:

## CRIMES AT HOME

More than one in five violent crimes happen in the home, but you can cut the odds substantially by taking a few simple steps to make your house safe.

One way to start is to "think like a thief," according to Ray Johnson, who served 25 years in Folsom and San Quentin for armed robbery and is now a respected crime-prevention consultant. "Try breaking into your own home. Most people find several ways to get inside in just a few minutes."

These are some of the things that a police officer might recommend:

- **Create a "safe harbor."** A "safe harbor" is an area in your home—a closet or bathroom, for example—that you can get to quickly and barricade yourself in, according to Hugh McDonald, former chief of detectives of the Los Angeles County Sheriff's Department, and author of *Survival* (Ballantine Books, \$5.95). The door should open outward, be solid (not hollow) and be equipped with a deadbolt lock you turn from the inside. There should be a phone extension inside the haven so that you can call for help. "Of course, the best thing to do anytime you find a stranger in your house is to get out fast!" Chief McDonald adds.

- **Use your locks.** Studies show that the overwhelming majority of home intrusions happen because people don't use existing locks and safety measures. (The best lock is probably the deadbolt, which costs about \$40 installed, less if you do it yourself. Also, install window locks and make sure any sliding-glass doors are equipped with strong, working locks.)

- **Find a reliable alarm system.** Even a watchdog can help. The dog doesn't have to be big, as long as it barks. Studies show that homes with dogs are less often targets of burglary than homes without canine protectors.

Mechanical alarms are a complex and sometimes costly solution. There are many kinds. Some alarms sound bells or turn on lights, others silently summon aid. If you're thinking of an alarm system, your local police department or law-enforcement agency will be glad to provide information, answer questions and help determine if an alarm makes sense for you.

## STREET CRIMES

- **Know your route.** If you walk on a

street regularly, know which stores are open late, where people congregate. Have an escape route in mind where you could run if you had to, and an idea of where phone booths are so that you can call for help if need be.

- **Don't inhibit your own movement.** Criminals are always on the lookout for "easy marks." Women with high heels or lots of packages are ideal targets for muggers since they can't move easily.

- **Don't dress like a victim.** Research shows that criminals need only about seven seconds to size up potential victims, so avoid obvious displays of wealth—especially in risky neighborhoods. "If you're going out at night, we advise against wearing expensive-looking jewelry, or anything which brings notice to you," says Martin L. Forst, co-author with Manuel M. Estrella of *The Family Guide to Crime Prevention* (Beaufort Books, \$14.95).

- **Walk naturally, head up and alert.** A study by Dr. Betty Grayson of Hofstra University, Hempstead, N.Y., showed that people whose walking movements were in any way unnatural—stiff, unbalanced or uncoordinated—were consistently rated as easy marks by convicts.

- **Avoid being alone.** Experts say that muggings happen less frequently to couples or groups than to individuals; so use the buddy system. If you're working late have a co-worker, a building security guard or a friend accompany you to the car or bus stop.

- **Trust your hunches and act fast.** "If you feel threatened, grab your purse tighter, turn and look," says Chief McDonald. "When a woman signals that she's observant, the criminal is likely to walk by because he'll want to find an easier victim."

- **Don't be afraid to make a scene.** Police files show women are particularly hesitant to create a disturbance when they sense trouble, often waiting until too late to react. But it's best to put aside worries of potential embarrassment. In the early stages of any encounter, your scream is your best weapon—use it! If you feel directly threatened, cross the street immediately or move to the middle of the street and start screaming. ("Fire" is more effective than "help," police say.) Do whatever you can to bring aid.

- **Put distance between yourself and the threat.** "Cars are a particularly effective barrier," says McDonald. "If you sense trouble approaching on the sidewalk, get in the street on the other side of parked cars. It may sound peculiar, but dive under a parked car and start screaming. By slowing your attacker and drawing attention, he'll decide you're too tough a target, and not

worth the risk," McDonald explains.

- **Avoid suspicious groups of kids.** Suppose, for instance, you're on your way to the movies and see a bunch of teen-age boys lounging at the side of a building. Don't hesitate: Cross the street, turn around, do whatever you can to avoid them. "Gangs get particularly vicious and irrational," says expert Forst. "Some terrible chemistry happens when they get together. The kids show off to each other."

## IF YOU DO BECOME A VICTIM

Remember that in most crimes your assailant's prime goal is theft, not injury. The less you interfere with his plans, the more likely you are to walk away shaken, but unhurt.

The real danger, say the experts, comes from the violence that can ensue if you resist. "People have no conception of the ferocity of these attacks," says Chief McDonald. "They make the mistake of resisting in foolish effort to save property."

"Our experience shows that if you show the assailant you aren't going to panic, that you'll play by the rules of his game, you give him no reason to get violent," says Forst.

To keep the criminal calm and defuse the situation, authorities give the following advice:

- **First and foremost, no heroics.** Victims who play hero are many more times likely to be killed than ones who comply. "There are a lot of dead heroes who would still be alive today if they had acted wisely," says Ray Johnson.

- **Take your assailant seriously, even if he's a child.** One criminologist estimates the average age of criminals nationwide is 15 years and he says most purse-snatchings and street rip-offs are committed by people under 20. "People too often make the mistake of not taking these kids seriously, but they have weapons and they're not afraid to use them," cautions Forst. He adds that the younger the criminal, the more irrational they tend to be. Remember: Even kids can kill.

- **Be especially wary of amateur criminals.** "The pro tends to be after money, and if you play by his rules everything will be okay; he'll stay cool," says Forst. The greater danger is the amateur, who tends to be more jittery and unpredictable. The amateurs are the deadly ones, and it's especially important to stay calm around them.

- **Do whatever the criminal orders deliberately and without hesitation.** Don't make any sudden or unexpected moves or do anything he doesn't tell you to do. The only exception to obeying orders is cited by Chi-



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McDonald: Don't comply if it puts you at a further danger, like getting into a car. "If it's clearly a life-and-death situation, and if compliance only reduces your options, then don't cooperate," he says. "It's a judgment you can only make at the moment."

**Try to set limits gently.** For instance, say the authors of *The Family Guide to Crime Prevention*, you could say: "Take my wallet, but could you leave my driver's license and Social Security card?" These items are of little use to the criminal, and the request shows you have maintained your rational functioning, and so subtly encourages the criminal to do likewise.

**Establish some communication if possible:** "I'm reaching for my wallet now," or "I have to move under the counter to get the money." By explaining your actions you lessen the chance your assailant will be threatened by your movements, and you reassure him that you are playing by his rules. Of course, if an assailant tells you to be quiet, or if your conversation seems to make him uncomfortable, it's a good idea to stay silent. "Trust your intuitions," Manuel Estrella advises. "If the criminal is out of control or edgy, don't say anything. But remember that in some cases the victim has far more power than she imagines, just through her words."

But Ray Johnson adds a caution from his experience: "Never attempt what I call 'social work.' Asking the criminal 'What would your mother think?' or 'How can you live with yourself?' is a sure road to trouble."

■ **Have a plan of action.** "Imagine yourself in the situation, then ask yourself how you will respond," counsels Estrella. "Each of us has different limits. Know where you draw the line—your money, your body... or your life? If you've thought about these questions ahead of time, it will be easier to think clearly if you're ever in the real situation."

The same principles apply to crime situations other than robbery. If you wake at two A.M. to see a shadowy figure across the bedroom, feign sleep, advises McDonald. "Let the burglar take what he wants and get away. An intruder doesn't want to tangle with anybody, and so the best thing you can do is to avoid the encounter."

But, all the experts advise, prevention is still and always the best cure for crime, and the key to prevention is awareness. "If people were more aware of their surroundings all the time, that would be the single best deterrent," says Estrella. The panel agrees that you already have the two best weapons against crime: vigilance and common sense. Use them. **End**

### ANSWERS

*continued from page 74*

crimes. Most criminals are clear-minded and in control of their faculties, and their acts cannot be attributed to mind-altering drugs.

11. The correct answer is a. Last year, 51% of the 23,044 murders in this country were committed by people known to the victims: family, friends and acquaintances.

The figures are about the same for other violent crimes: Over half the women assault victims knew their attackers. (Many experts claim that even this figure is far too low, as home assaults are often not reported.)

Moreover, the injury is likely to be more serious in an attack by a known assailant.

12. B is the bad news. While criminologists debate the rate at which crime is growing, there can be no argument that the number of police in the nation's cities is plummeting. Since 1975, the number of police in Los Angeles has dropped 7%; in Washington, D.C. 18%; and in New York City, location of the country's largest police department, a whopping 26%. Federal law-enforcement agencies have been slashed from 6 to 20% under President Reagan's budget.





**Some labels say your clothes are well made.  
Our label says you're well protected.**

**Ban. The roll-on more people depend on.**







*A Valentine of ideas and information to help, inspire and amuse you during the shortest month of the year.*

FEBRUARY

YOUR JOURNAL

The magic about the following tricks is that they are easy enough for children to do. The tricks may look hard, but with a bit of practice and a good selection of secret words such as "Abracadabra" and "Zappo," a child can turn into a magician with or without a magic wand.

**The Jumping Coin.** Make a coin jump up and down on top of an empty soft drink bottle. Thoroughly chill the bottle in the refrigerator. Moisten the mouth of the bottle and place the coin on it. Say some magic encouraging words and the coin will start to move.

The trick is that the cold air trapped in the bottle will warm up and push out. This causes the coin on the bottle to move.

**Card ESP.** Use your ESP to identify the card your friend picks from a deck of playing cards. Ask a friend to

pick a card, any card, from the deck you offer. Ask your friend to show it to everyone but you. Then, holding part of the deck face down, ask your friend to replace the card carefully so you won't get a glimpse of it. Immediately cover the card with the rest of the deck. Pretend to concentrate hard while you thumb through the deck for the mystery card.

The trick is you don't have to concentrate very hard at all. Before you replace the second half of the deck, sneak a look at the bottom card. The mystery card will be next to it.

**The Dancing Thread.** Make thread rise from its spool and do a little dance by saying some magic words and waving a comb over it.

The trick is to first rub the comb on your clothing behind your back so no one will see you. The comb will have a bit of an electric charge. The electric charge of the comb makes the thread stand up and dance.

## SCRUB-A-DUB-DUB SILKS (AND \$AVE ON DRY-CLEANING)

If silk clothing is a luxury you thought you'd have to live without, it may be time to reconsider. You can limit the cost of the investment by hand-laundering. Many silks can be safely washed by hand with these instructions from the American Silk Mills Corp.

Careful hand-washing will remove soil *better* than dry cleaning, but for optimum results have new articles of silk professionally cleaned the first few times to set color and control shrinkage. Washable silks include crêpe de chine, broadcloth and silk noil—but only solid pastels or light shades.

**Step 1.** Unfold garment in lukewarm water with one or two capfuls of unscented liquid soap or a mild hair shampoo for 5 minutes. Plunge lightly, squeezing suds through. Rinse in clean water 2 or 3 times; never twist or wring.

**Step 2.** Roll garment in towel to absorb moisture, then press while still damp with iron set at low setting. If you cannot iron immediately, put garment in a plastic bag and refrigerate (but for no longer than a day, or mildew will set in). Another option: Drip-dry on a plastic or non-staining hanger. Gently smooth seams, button any buttons and shape collar and cuffs. When dry, press garment inside-out with steam on lowest setting.

**Note:** Always dry-clean crinkled or brocaded silks as well as prints (which can bleed) and dark or bright colors (which have a high risk of fading).

## Yes, some things *do* cost less

High prices haunt everyone. But would you believe that some things have actually come down in price since last year? Here are examples, to prove the point.

- Save on time with a digital watch. Technological advances make today's price, around \$10, possible. It's way down from an original high of \$250. ■ Keep account of yourself with a pocket calculator, now under \$10. It's a savings of \$130 from the first models out. ■ Reductions are less dramatic on TV sets, but a 12-inch black-and-white set now goes for about \$80, less during sales.

- These days cigarette lighters and razor blades are disposable and less costly than their refillable relatives. ■ Kitchen gadgets that have been discounted are great buys: Be on the lookout for bargain-priced peanut butter makers, yogurt makers and the like.

- Happily for winter baking projects, the price of sugar has dropped, as has the price of coffee to accompany cookies and cakes. ■ Slice, shred or grind with a food processor, now \$80 or less, down from \$200.

- Recent rulings allowing you to take some laws into your own hands may reduce the cost of divorce, writing a will. While the cost of a marriage license hasn't gone down, the cost of divorce has. A no-fault divorce (if it does not involve custody or alimony) is under \$100. All you need to write a legal will is the proper form (under 50¢) and two witnesses.

- All that glitters and isn't gold may not have gone down in price, but gold itself—and silver—have. Gold now sells for around \$400 an ounce, a dramatic drop from its recent high of over \$800. Silver has also plunged.

- Though talk isn't cheap any more, phone rates to some foreign countries have been trimmed. ■ Rather visit in person? If you plan far enough ahead you can take advantage of airlines' new cut rates for specific foreign and domestic flights. Also, for senior citizens in your family, several airlines are offering discount fares. Airline schedules, fares and fine-print requirements can get complicated; use a travel agent to cut through confusion. The service is free. —JULIE MAXEY



## HOW TO BUY A GOOD USED PIANO

With new pianos more expensive than ever (the smallest new Steinway grand costs more than \$10,000!), more and more families are looking for good used pianos. But buying one can be tricky. A shiny, good-looking exterior does not necessarily mean that a piano is a good one. On the other hand, a battered case could mean that a piano has been abused. To help you buy wisely, follow these tips:

- **Know Where to Buy.** It's better to buy from a private owner, through a newspaper ad, than from a dealer who sells both old and new pianos. The dealer is likely to jack up the prices of used pianos to make buying a new one more attractive. Piano technicians who rebuild and repair pianos, however, often have a supply of good used pianos at reasonable prices. Steer clear of pianos that have been used in schools and churches. They've probably been overused and long neglected.

- **Check the Piano Thoroughly.** Look for sticking keys, noisy pedals, moth-eaten hammers and rusty strings and pins. Ask when the piano was last tuned

(A piano should be tuned at least once, better twice, a year.) And because there may be defects you cannot detect, have any piano you seriously consider buying appraised by an independent tuner-technician who repairs pianos as well as tunes them. It's worth the cost, about \$30, which is much less than what you may otherwise have to spend on expensive repairs. To find a good technician, look in the Yellow Pages under "Piano—Tuning & Repairs."

- **Consider Size.** Buy the biggest piano you can afford and have room for; in pianos, bigger is better. A bigger piano has longer strings and a larger soundboard, which means a deeper, richer tone. That's why a tall upright may have as big a tone as a grand. Some musicians caution against buying a spinet, but if that all space permits, a spinet is the choice. The sound of a bigger piano can overwhelm a small room.

- **Hire a Good Piano Mover.** If you buy from a private owner, you'll have to make your own arrangements for moving it. It's not easy. A piano is a delicate instrument and can be damaged if moved carelessly.

## MODERN MANNERS

1. How well do you have to know a woman to tell her that her slip is showing or that she has lipstick on her teeth?

The issue here is one of judgment. I would not tell the woman who was interviewing me for a job that she had lipstick on her teeth, nor would I tell a woman struggling to get on a bus with two small children that her slip was showing. But at a party, if I could do so discreetly, I think it would be an act of kindness to tell a stranger that her appearance is in need of repair. Obviously, you deliver a message such as this in a quiet voice when others are out of earshot.

2. The husband of a woman I

work with died recently. I wanted to send a note of condolence, but I barely knew the man and I had no idea what I should say.

Condolence letters, particularly when you did not know the deceased very well, are difficult for everyone. Such a letter need be only two or three sentences long: "Dear Mabel, I was saddened to hear of the death of your husband. I met Ralph just briefly at the Christmas party, but he struck me as such a warm and lively man. At this difficult time, you and your children are in my thoughts and prayers."

3. I travel a great deal on business. En route I have work

to do, yet I seem always to be seated next to travelers eager to tell me their life stories. What can I do?

You can say politely, but firmly, "Excuse me; I have work to catch up on/reading to catch up on/sleep to catch up on." If your talker keeps talking and the plane is not full you may ask the stewardess to change your seat. There's nothing wrong, of course, with a midair-chat if both parties are willing. But it's wise to test the conversational waters with a general question or two. If you're answered in monosyllables, take the hint and turn your attention elsewhere.

—CHARLOTTE FORD

## Food for Sick People

Starve a cold and feed a fever. Or is it feed a cold and starve a fever?

Whatever, it's difficult knowing what to feed people when they're not feeling well. Here are some tips from Donna Lou Johnson, Chief Dietitian for Columbia Presbyterian Medical Center in New York:

**Upset Stomach:** Little, if anything, can (or should) be eaten in the acute stage. To help the stomach settle, some doctors advise a piece of hard candy to suck or a few sips of ginger ale. Replace lost liquids, but not in large doses. Offer just a sip or two at a time, but often. Try apple juice, sweet weak tea; stay away from milk products, fats, uncooked foods.

Once the stomach has settled for 24 hours, start on soft, bland foods: unbuttered toast (with honey, perhaps), rice, soft-boiled or poached egg and chicken soup with rice. Serve small portions and continue with liquids. It helps to offer food every hour or so without

waiting for regular mealtimes. Also, leave a selection of liquids at bedside to sip whenever possible.

**Fever:** If there's no accompanying upset stomach, offer liquids at short intervals. Apple juice, which is nonacid, is good. So is defatted chicken soup. Serve bland foods (given above) and stay away from hard-to-digest fatty foods. Stay away, too, from milk and milk products as they can generate the formation of mucus.

**On the Road to Recovery:** This is the hard part because the appetite may still be lagging. Serve easy-to-digest foods the patient likes to eat. Vary the color of foods on the plate and arrange them attractively. Add an orange slice or a sprig of parsley for appeal. Pull up the blinds and let the sun shine in; play soft music. And keep snacks—vanilla wafers or other plain cookies, a dish of apple sauce, etc.—handy for nibbling. A little food now and then will probably be more palatable than a big meal. —LOIS LIBIEN



# How to Write a Complaint Letter

Even the most savvy of shoppers occasionally purchases a defective product, or the victim of less-than-perfect service. What to do? A concise, carefully worded letter is the best tactic, almost certain to produce more satisfactory results than an angry phone call.

The following letter (prepared by the U.S. Department of Consumer Affairs) shows the specific information you should include:

	Your Address Your City, State, Zip Code Date
Appropriate Person Company Name Street Address City, State, Zip Code Dear Company President:	
State Your Purchase Name Product and Serial or Model Number or Service	Last week I purchased (or had repaired) a (name of product with serial or model number or service performed). I made this purchase at (location, date and other important details of the transaction).
Include Date and Location of Purchase: Other Details	Unfortunately, your product (or service) has not performed satisfactorily (or the service was inadequate) because
State Problem	Therefore, to solve the problem, I would appreciate your (here state the specific action you want). Enclosed are copies (copies—NOT originals) of my records (receipts, guarantees, warranties, canceled checks, contracts, model and serial numbers, and any other documents).
Give History of the Problem	I am looking forward to your reply and resolution of my problem, and will wait three weeks before seeking third-party assistance. Contact me at the above address or by phone at (home and office numbers here).
Ask for Satisfaction	
Enclose Copies of All Documents	
Ask for Action Within Reasonable Time	
Include Your Address, Work and Home Phone Numbers	
Keep Copies of Your Letter and All Related Documents and Information	Sincerely,  Your Name

If your letter does not result in what you consider a fair settlement, send for the *Consumer's Resource Handbook*, available free of charge from Consumer Information Center, Dept. 619J, Pueblo, Colo. 81009. It offers wide-ranging sources for dealing with consumer problems. —LAURA GARNICK

## Time to Plan the Garden

Nothing tastes better than vegetables you've grown yourself, and nothing graces a vase as prettily as flowers freshly-cut from your own garden. Though planting time is well away for gardeners in most parts of the country, now is the time to plan your spring garden. Best sources for information about what's going on in the gardening world are seedsmen's own mail-order catalogs. The Spring 1982 catalog brings news of the latest developments in seed breeding, and most contain more than printed lists of the company's offerings—they are chatty and filled with planning, planting and growing advice. The majority offer a comprehensive selection of vegetables and flowers. All catalogs free, except as noted.

### One-stop shops:

W. Atlee Burpee Co. offers wide variety and exclusive selections. Write to address nearest you. Doylestown, PA 18901; Clinton, IA 52732; Riverside, CA 92502.

Joseph Harris Company Inc. includes Harris's own seeds along with other selections. The catalog is also full of encouraging words. Moreton Farm, Rochester, NY 14624.

Johnny's Selected Seeds offers seeds and recipes. Albion, ME 04909.

George W. Park Seed Co. has wide variety and special Park selections, including many hard-to-find specialties. Box 31, Greenwood, SC 29647.

R.H. Shumway Seedsman offers wide selection in an out-size catalog full of charming, old-fashioned illustrations. 628 Cedar St., Rockford, IL 61101.

### Specialty houses:

J.A. Demonceaux Company, Inc. specializes in vegetable seeds from France. Catalog, 25¢. 7 North Kansas, Topeka, KS 66608.

Seed Savers Exchange offers vegetables—unusual and heirloom or old-timey varieties. Catalog, \$2.50. Kent Whealy, RR2, Princeton, MO 64673.

Vermont Seed Co. for beans, peas, corn; beautiful illustrations. Bomoseen, VT 05732.



## Memorable Kisses



You must remember this: A kiss is not just a kiss. It's a movie memory. Whether you're anti-bussing or pro-bussing, remember how pros bussing in darkened theaters thrilled you? Think back:

**Most Famous Kiss.** In *A Place in the Sun*, Elizabeth Taylor and Montgomery Clift were ignited by a kiss so breathtaking that now, 31 years after the film, pictures of that kiss are still being published.

**Longest Kiss.** This record goes to Jane Wyman (the first Mrs. Reagan) and Regis Toomey in a movie called *You're in the Army Now*. It lasted over three minutes.

**First Adult Kiss.** The bathing-suit-on-the-beach embrace by Burt Lancaster and Deborah Kerr in *From Here to Eternity*. It not only scorched the screen, it had steam coming out of the audience.

**The Kiss as Signal.** Kevin McCarthy kissed Dana Wynter at the end of *Invasion of the Body Snatchers* and he instantly knew that she...was...one...of...them!

**Horrifying Kiss.** When Jack Nicholson, in *The Shining*, kissed a lovely lady in her tub, she turned into a flesh-falling hag-beast before his (and the audience's) shocked eyes.

**Most Sinister Kiss.** Mia Farrow being kissed (the devil you say!) in *Rosemary's Baby*.

**Most Innocent Kiss.** The original Tarzan (Johnny Weissmuller) getting his first lesson from Jane (Maureen O'Sullivan). She who can, teaches.

**First Kiss.** Warren Beatty made his film debut by kissing Natalie Wood with youthful sexiness in *Splendor in the Grass*.

**Most Disappointing Kiss.** When *Cleopatra* opened in 1963 all the world waited with palpitating expectation for Elizabeth Taylor and Richard Burton to kiss. Their offscreen affair had caused such an international commotion that everyone wanted to see them in each other's arms. No kiss could have fulfilled the public's expectations—and this one didn't.

**Left-Out Kisses.** Yes, I know I left out *The Godfather* ("the kiss of death") and *A Streetcar Named Desire* (Brando in his undershirt), but I can't list them all...

Remember, I am an expert in this subject because, even in my high school days when I walked along the corridors between classes, girls would look at me and say to each other, "Wow, look at that kisser!"

—GENE SHALIT



# Bounce keeps clothes smelling fresh from washday to wear day.



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## Bounce clothes are soft and not clingy.

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Bounce has agreed with dryer makers to supply Bounce samples packed by them and to feature their dryers in Bounce advertising.

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**Diana was the "starry-eyed lover" in the beginning. But now the prince is "totally captivated—more in love than he ever thought he could be."**

**Ladies' Home Journal  
February 1982**

**I**t's a crisp early autumn day, and spectators are gathering near Balmoral Castle, the royal family estate in Scotland. They have come ostensibly to watch the Braemar Highland Games, a classic sporting event. But many are there to catch a glimpse of 20-year-old Diana, the new Princess of Wales. This is her first public appearance since the glittering July 29 wedding. Seated beside Prince Charles and Queen Elizabeth in the royal box, Diana looks *(continued)*

# **DAZZLING DIANA**

By James Whitaker and Phyllis Battelle



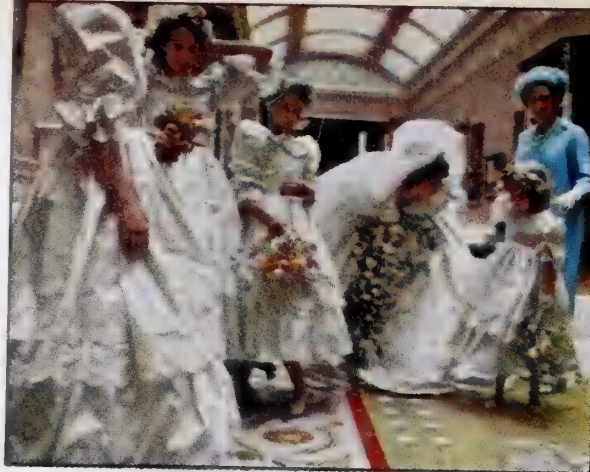
**Even before she became a princess, "Shy Di" stood out in a palace garden party crowd.**



fetching and regal . . . until the band starts playing the national anthem, "God Save the Queen."

Suddenly the prince leans over and whispers to her. His sly smile betrays his break in royal protocol—talking while the national anthem is being played. But he cannot resist murmuring in his bride's ear, "They're playing our song . . ."

Diana gives him a startled, delighted sidelong glance, then ducks her head in a losing struggle to stifle her giggle. Charles, clutch-



**In a private moment after the wedding, Diana congratulates her littlest flower girl. In June, less than a year later, she's expecting a baby of her own.**

ing her hand in support, instantly drops 33 years of training and joins her in silent laughter.

The queen looks stern. She is not amused. A member of Diana's family later confides, "It was definitely a *faux pas*. The monarch was annoyed with Diana, and furious at Charles. I can assure you neither will make that mistake again."

The queen's response to a moment of innocent high jinks was a sobering reminder of the rigid protocol Diana will have to follow for

## **THE TRIUMPHS AND TRAUMAS OF BEING A PRINCESS**



**During the Ascot Races, Diana-watching was the biggest sport around.**



he rest of her life. Yet at Balmoral that weekend, she and Charles were obviously still giddy with the excitement of their honeymoon. And it must have been hard for them to trade in romance for the more tedious responsibilities of state. After all, it was on the yacht *Britannia*—the first place they were ever alone—that Charles and Diana really got to know each other. Their three-month honeymoon was when the courtship really began.

Before his marriage, in-



**Prince Charles and Diana started their courtship on their honeymoon, and ended their honeymoon as lovers and best friends.**

siders questioned whether the prince was truly in love with his bride . . . or just meeting one more royal obligation by finally marrying. But by that weekend in Scotland, "he was totally captivated," according to friends, "more deeply in love than he ever thought he could be." In fact, it was during that period that the royal baby—due in June—was conceived. And in the early days of their marriage, Charles, "a man of extreme tenderness," began

*(continued on page 146)*

**Below: In her famous low-cut black dress, Diana "steals the show" even when next to Princess Grace.**

**Below and bottom: The new princess wears hats with panache, making the "Diana look" popular worldwide.**

**With coaching from the fashion world and the royal family, Diana is now every inch a princess.**



**Charles and Diana are chastised after giggling during the national anthem.**



## **A** look at basic skin care

A woman tends to wonder more about her breasts, yet knows fewer facts about their care than she does about any other part of her body. For example, what woman isn't aware of the constant need to cleanse and moisturize her face? Or how to whisk the hair from her legs? But there are so many myths and misconceptions about whether you should even tone the skin or pull or pluck out hairs from your breasts. To answer these rarely discussed questions, here's a run-down on the most common problems and how to treat them:

- The skin on your breasts is thin and delicate, much like the skin on your inner forearms. Good news is that it ages less rapidly than facial skin because of infrequent exposure to the sun or the elements.

- *Wrinkling/sagging* occurs because of aging, when the skin all over our bodies loses elasticity. The constant weight of the breast is often a factor as well. To counteract these conditions, Dr. Lewis Feder, cosmetic dermatologist at New York City's Doctor's Hospital, suggests using a moisturizer daily to help maintain elasticity and keep the skin smooth and supple. Apply the moisturizer or a rich body lotion in gentle upward strokes, working against gravity. It also helps to protect the skin on your breasts with a sunscreen while sunbathing.

- *Stretch marks* are a type of scar, resulting from a breakdown in the connective tissue, mainly due to a change in breast size. Contributing causes: rapid growth at puberty; sudden weight gain; pregnancy; breast-feeding. Heredity can also play a part. Some women get these marks without any other changes in their breasts. Applying creams and ointments to the skin doesn't help. Dr. Feder's advice: Don't go braless; wearing a well-fitted bra may help prevent some stretch marks.

- *Yeast infections* are often a problem for obese women or those with very large, heavy

(continued on page 126)

# All About Breasts

**LHJ's special health, beauty and sensuality guide**

*We went to the experts, both here and abroad, to bring you the latest information about skin care and muscle-toning, then asked a noted sex therapist to discuss the emotional aspects of breasts. Bonus: Turn the page for an update on breast cancer (mostly good news!), plus a pull-out personal health record-keeper designed exclusively for the Journal by the American Cancer Society.*

Photographs by Henry Wolf  
Drawing by Elizabeth Bennett  
Nightgown by Lydia



**T**he French way  
to firm and tone

When the moment came to experience a *soins du buste*, or breast care treatment, in an elegant Paris *institut de beauté* several years ago, I found myself nervous and embarrassed at the idea. Research was research (I was working on a book about Parisian beauty care), but perhaps this was going too far. The





■ While almost any part of the body can respond pleurably to touch during love-making, breasts are especially erogenous both physically and psychologically since they contain a high concentration of nerve endings. During sexual excitement, blood flows to the breasts, slightly increasing their size and making nerves more sensitive. The nipples are apt to become erect.

But beyond this common physiology, women have strikingly different feelings about their breasts and their own sensuality. I see many women in my practice who are unhappy about the size of their breasts. I explain that there is no evidence that breast size has any relationship to femininity, sensitivity, sex drive or the amount of sensual pleasure a woman gives or receives.

In fact, most men are attracted simply to the warmth and gentleness of breasts. And many women report that they enjoy and understand men's need for this sensuous comfort.

Each woman is unique, of course. But breasts, whether pert and firm or plush and generous, are truly an elemental and important source of sensuality—for both men and women.

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By Dr. Debora Phillips  
and Robert Judd, who  
are the authors of *Sexual  
Confidence*, Houghton  
Mifflin Co.

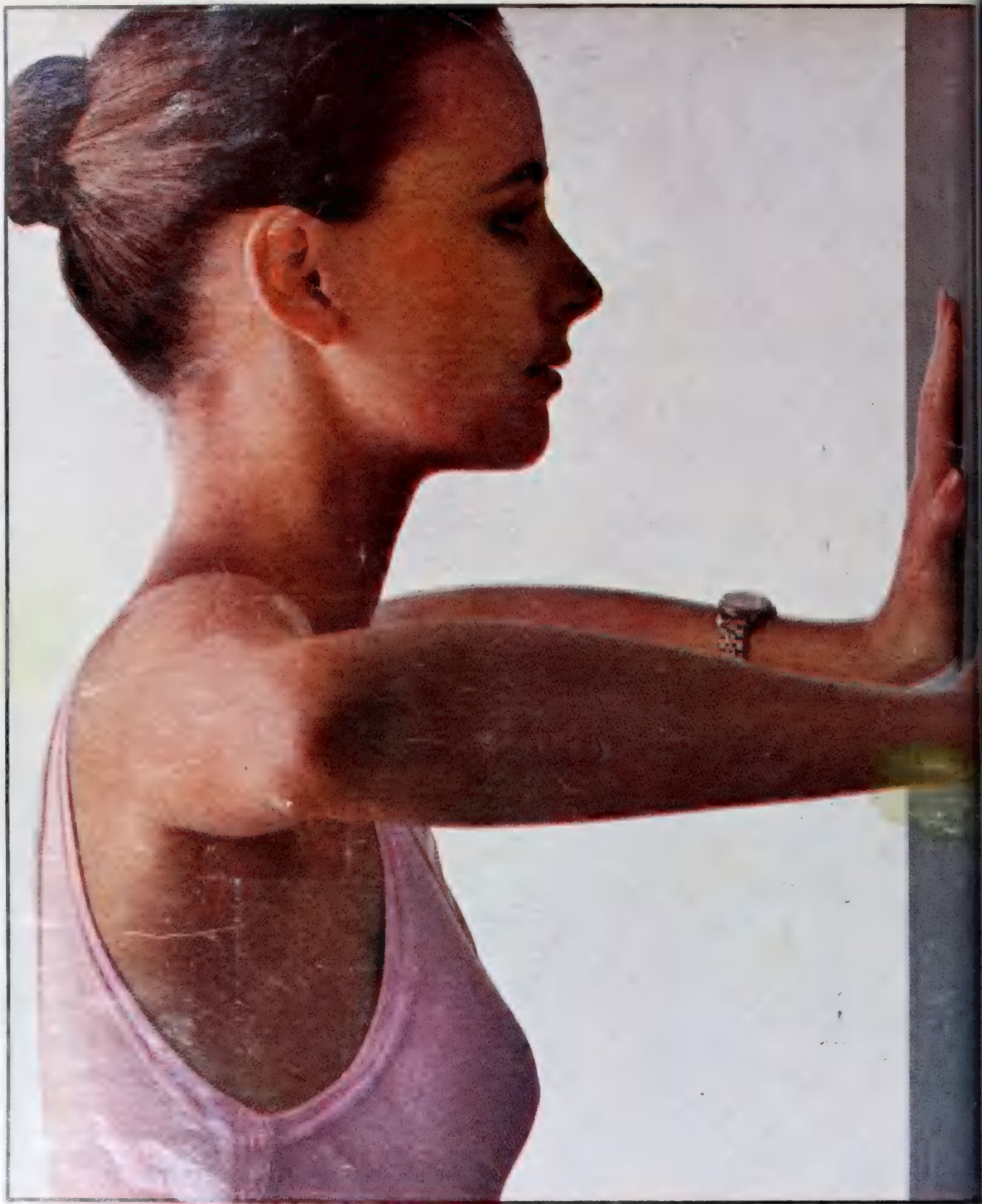
ritan ethic and I were both  
rtured in the Boston area, and  
e idea of a "breast treatment"  
emed almost lewd.

Full of second thoughts, I nev-  
theless presented myself at  
arins on the rue Tronchet, and  
s ushered into a neat orange  
d white *cabine* by an attractive  
ng *esthéticienne*, Dominique. I

changed into a fluffy beige salon  
robe and settled into the terry-  
cloth-covered *fauteuil*—an over-  
sized adjustable arm chair. Once  
I was comfortably reclined, Do-  
minique slipped the top of the  
robe off over my shoulders. The  
treatment turned out to be  
basically a localized massage  
with an herbal oil containing

sage, rosemary, mint and vi-  
tamin E, which Dominique de-  
scribed as specially formulated to  
penetrate the skin, "firming, ton-  
ing and reinforcing the elasticity  
of the tissues." The massage was  
gentle, using a variety of tech-  
niques from broad, smooth  
strokes to light tapping and tiny  
(continued on page 126)





The pull-out breast self-examination (BSE) record card inserted above has been prepared under the direction of the American Cancer Society. The card includes step-by-step instructions for BSE, plus a special calendar to record the date of each exam and a place for your personal breast history.

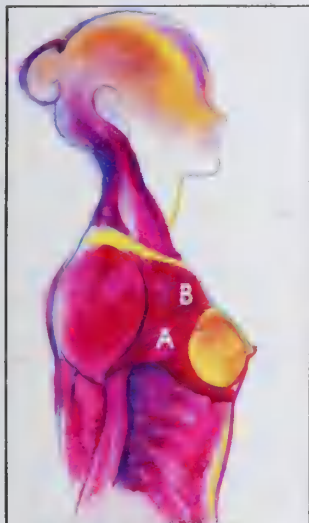
Your breasts are as unique as

your personality, so it's vital to know how they look and feel. Before you begin recording your monthly breast exam, carefully describe your breasts in the space under "Personal Breast History." This will provide a valuable record of what's normal for you. If at all possible, do this part with the help of your doctor. If not, make

sure you note such things as: size of breasts in relation to each other; position of nipples on breast; whether nipples are inverted (turned "inside out"); contour of breasts and any asymmetries; skin color and texture including that of nipple and areola; any other noticeable features (if any of these have developed



The breasts are composed primarily of fat and glandular tissue, with a network of fibrous bands that connect to the pectoralis major muscle (below, "a" and "b") lying against the chest wall. These connective fibers (giving your breasts their lift) perform best if the pectoralis major is strong and well-



toned. The fibers and muscle work together—to prevent sagging—giving you a fitter, firmer look.

Start your own support system with three exercises to tone and strengthen the pectoral muscle, recommended by Cathy McWilliams, chief physical therapist at New York City's Lenox Hill Hospital.

**Left:** Stand one foot away from wall, elbows at shoulder level and bent, palms flat. Push against wall, keeping body straight. Hold to count of 5; do 10x. Feel in "a" area of muscle.

## **B**reast Cancer Update (Mostly good news!)

One out of every 11 women can expect to develop breast cancer at some point during her lifetime. Each year, about 110,000 women are diagnosed as having the disease. These statistics are grim, but in reality, the prospects of overcoming breast cancer—both physically and emotionally—have improved dramatically in the last decade.

Today, there is an 85 percent five-year survival rate for women whose cancer is treated while still confined to the breast. For women whose cancer has spread to the underarm lymph nodes,

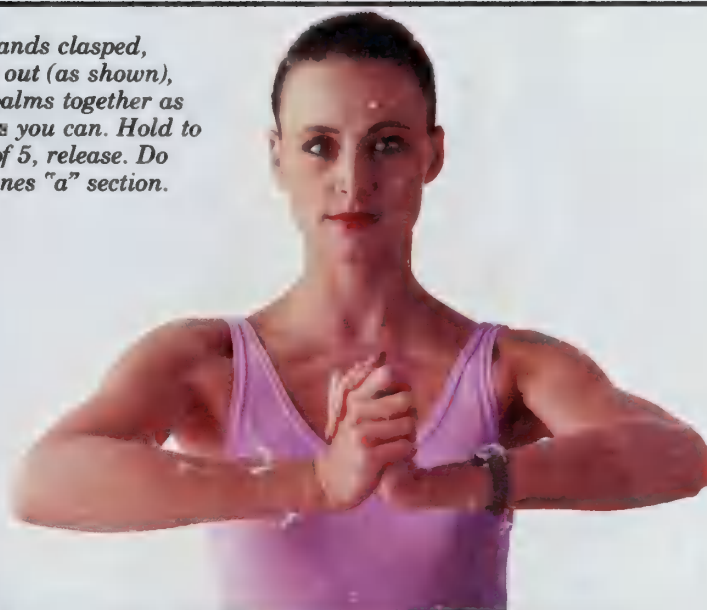
the five-year survival rate is 56 percent. But this figure is higher than it was even a few years ago, and the survival rate for all breast cancers is steadily improving as new, effective combinations of treatments come into greater use.

### METHODS OF TREATMENT

Surgical removal remains the most common treatment for breast cancer. In the past, *radical mastectomy*—removal of the entire breast, the underlying chest muscles and the lymph nodes from the armpit—was the stan-

(continued on page 145)

With hands clasped, elbows out (as shown), press palms together as hard as you can. Hold to count of 5, release. Do 10x. Tones "a" section.



Cross arms (parallel to nipples), grasp opposite wrists. Hold on and pull hands toward each other. Count to 5, relax. Do 10x. Benefits "b."



recently, check with your doctor).

And, of course, it's important to do BSE at the same time each month: What's normal will vary during your menstrual cycle.

Tear out this important card and keep it in your nightstand. Breast self-examination takes only about 10 minutes a month—and it could save your life.





# ***M-m-m-m-m-m-m Cheesecake!***

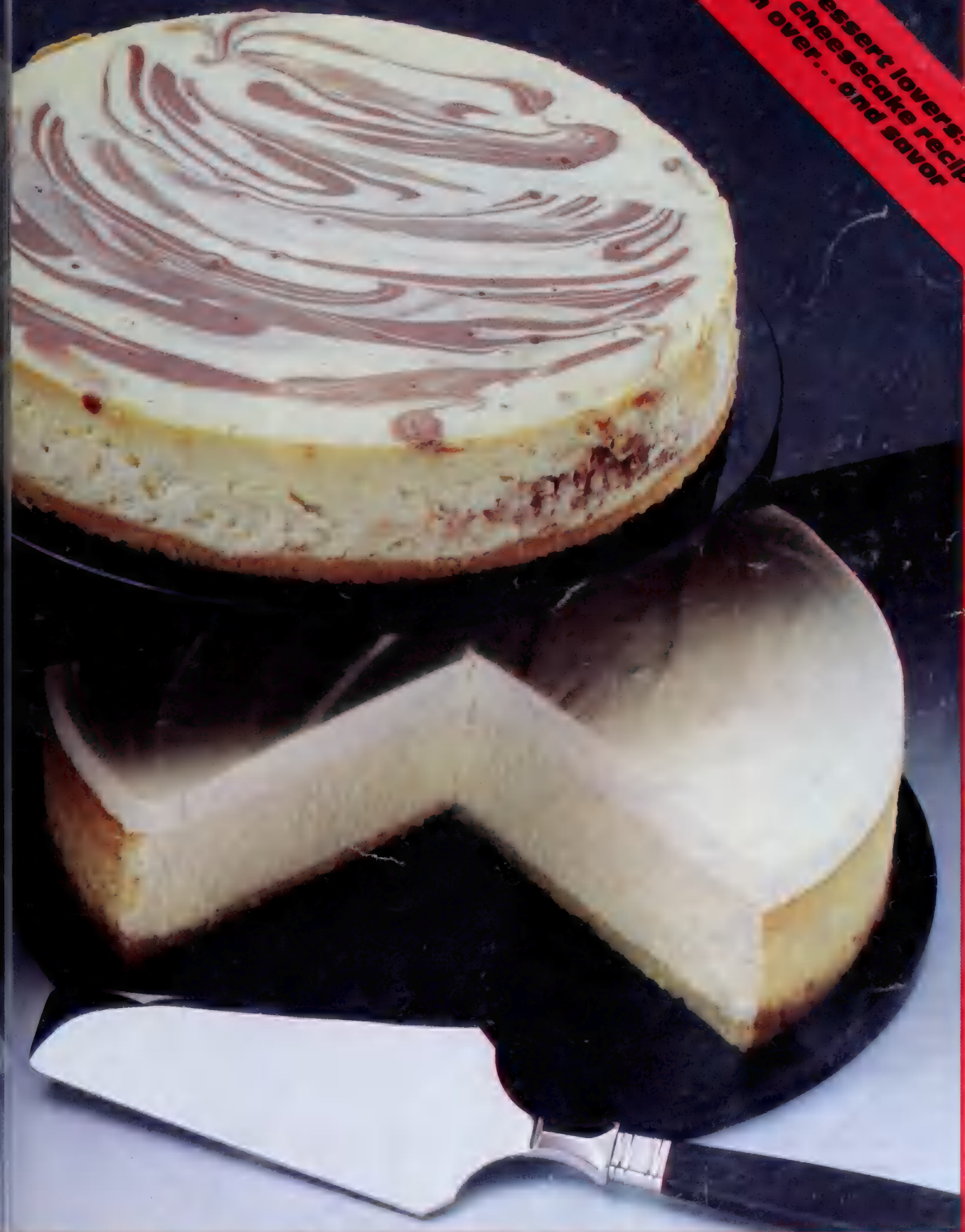
*Who can resist cheesecake? Indulge in our creamy fillings (plain to praline) with dreamy toppings (fruit to nuts). Plus, an easy no-bake and a dieter's delight. Recipes, page 114.*

Starting off, a glorious tri-coloring of fruits on a silky-smooth basic filling and golden crust. We show segments

of three toppings, pineapple, blueberry and rhubarb, but you can choose just one. Behind that, the praline version



**Treat for dessert lovers:  
fabulous new cheesecake recipes  
to swoon over... and savor**



Photograph by Irwin Horowitz

ch with brown sugar and ringed with pecans. Next, our  
chocolate-marble cheesecake, swirled with melted semi-

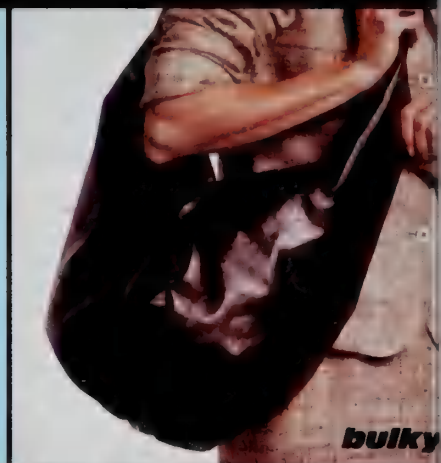
sweet squares. Underneath, our basic cheesecake, spread  
with a topping of sweetened sour cream. A real classic.



# The most frequent **FASHION MISTAKES**

**(and how to avoid them)**

By Maureen Lynch, Beauty and Fashion Director



**bulky**



**neat**



**wrong**



**right**

## **Excess Baggage**

Above: Under 5'8"? Beware the oversized bag—or you can look burdened by its bulk. Keep this accessory in proportion to your height. A scaled-down purse that hangs neatly at your hip is a better choice. Bags by La Bagagerie.

## **Standing in Shadows**

Below: A pair of strappy sandals puts your feet in the spotlight. Don't ruin the look of sleek sexiness with those deep, dark shadows from reinforced stockings. Show-off in clearly seamless pantyhose. Berkshire hose; sandals by Garolini.

## **Mixed-up Styles**

Above: If you spring for a silky new dress, think before you throw on your everyday topper. A bomber jacket—terrific over jeans or cords—suits this dress like a . . . bomb! Opt, instead, for an airy, light shawl to give you a total good-look. Dress of crepe de chine from UMI Collections by Anne Crimmins; jacket by Bibi Brothers; shoes, Manolo Blahnik.



**ugly**



**sexy**



**Come Out of the Doldrums with Color!**

Right: Picture perfect . . . maybe. But if you play it too safe (beige-on-beige), you've fallen victim to the fashion blahs. Give your look some extra dash with color. Go for the unexpected: a vibrant blouse, bold two-toned shoes and the updated touch of a metallic purse. Suit by Arthur Richards; shoes, Manolo Blahnik; blouse, right, by Cacharel; bag, right, Liz Claiborne.

**Dare to Be Different**

Below: It's okay to be an accessory matchmaker, but for peak interest, you should stretch your color imagination. Experiment with lighter and darker shades. Play a pair of rosy-toned shoes against a pale pink belt. Surprise, a bronze envelope somehow "goes," adds a charge of excitement. Dress by Regina Kravitz; accessories, right: Rossetti bag, La Cresia belt, Manolo Blahnik shoes.



**safe**



**snappy**



**careful**



**colorful**

**Bygones for Bumps**

Below, left: Battle unsightly bulges. Glance in a mirror and check all around, especially if wearing light or tight tops. A properly fitted bra—with wider sides and back—leaves a smooth impression. Right, Olga bra; T-shirt by Tapemeasure.

**Watch Out From Behind**

Below: Visible panty lines can ruin even the best look. To avoid this problem, always wear control-top or cotton-crotch pantyhose under your white, light or clingy pants. It's easy fashion magic: Now you see them, now you don't.



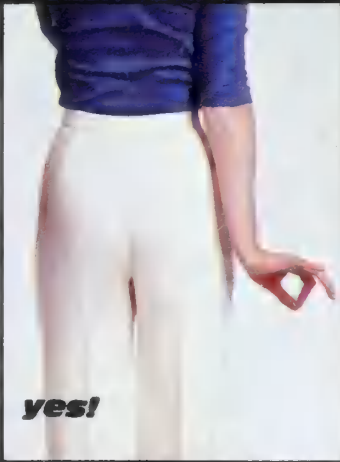
**sloppy**



**sleek**



**no**



**yes!**



# The most frequent **FASHION MISTAKES** (and how to avoid them)

**strict**

**softer**



## **It's Your Business**

Left: Working with a suit that's attractively tailored, you can take it two ways. Either imitate the "corporate-man" stereotype with short hair, a no-frills blouse, sensible shoes and briefcase. Dull, dull, dull. Or, you can dress for success with the same good-looking suit softened by a fluffier hairstyle, face-framing blouse, open-toe pumps and little clutch bag. Suit by Arthur Richards; Kenar blouse.

## **A Change of Pace**

Below: You've invested in a good pair of black shoes. Shiny and smart. Plus you remember the fashion maxim that "black goes with everything." True, black doesn't clash . . . neither does it show much daring or dash. These sporty black loafers are basically fine, but with a breezy silk dress in luscious coral, you'll want a shoe that's lighter, more carefree. Try a switch to strappy sandals, the color of sand. Shirt dress by UMI Collections by Anne Crimmins; both shoes by Garolini.

## **How to Look Your Best All the Time**

- Hang a blouse, skirt and sweater all on one hanger so if the wake-up alarm breaks down (or you sleep through it), you can grab an outfit fast and still look put-together.
- Pay attention to detail. A fallen hemline or missing button can turn the most sensational look from a distance into a disaster close-up.
- Check in a full-length mirror—back and front—before dashing out the door. How else can you know if there's a run starting to sneak up the heel of your pantyhose?
- Do a double-take at mid-afternoon and glance in a mirror again. For fashion emergencies, it pays to keep spot remover, lint picker-upper, anti-static spray, needle and thread, even a spare pair of stockings handy.



**boring**



**fun**





**don't**



**do!**

### **Put Your Best Foot Forward**

Left: Heard about "If the shoe fits, wear it"? Not necessarily so. To look pulled-together, you have to go beyond mere fit . . . to fashion. When your eye travels down a well-pressed pant leg, it's too much of a jolt to see shoes that walk on the wild side. Pair any sleeky slip-ons, these by Candies, with a flirty kind of skirt, but with tailored trousers, go for a sportier shape, a lower heel, by Manolo Blahnik.



**cutesy**



**clever**



**tight**

**trim**

### **Getting Back Into Circulation**

Above: Ouch! There's a real difference between pants that are downright painful (here, size 4) or merely snug-fitting (size 8). Pants should show off your shape, not cup your derriere or cut off circulation! Jeans, Daniel Laurent.

### **Too Sweet Turns Savvy**

Left: If you're over sweet 16, you're too old to be going out gift-wrapped. No big bows, please, front or back. It's much sleeker to take a dress sash and wind it around like a cummerbund, tucking the ends underneath. Dress by Cacharel; Nina ankle-strap shoes.

### **Those Little Things that Mean a Lot**

Below: A quick quiz. Dangling, dazzling gypsy earrings look great when you're (a) peering into crystal balls, (b) going dancing in an off-the-shoulder frock, (c) heading to the office. Correct: a,b. Wrong: c. With a suit and ruffled blouse, stick to simple but pretty studs. Earrings by Jacmel.



**fussy**



**pretty**







*The girl in the flower shop asked her how she liked the roses her husband had bought. But Judith hadn't received any roses. She wondered who had. A short story by Virginia Fassnidge.*

## February Roses

"Did you like the roses, Mrs. Clandon?"

Startled, Judith briefly withdrew her attention from the vegetables she was loading into her shopping bag, and glanced at the display in the window: daffodils, narcissus; were there roses? She looked for roses, and she was about to say, "Sorry, I didn't quite . . ." when the other girl, Sally, said quickly and a little too loudly, "Oh, Linda, it wasn't Mr. Clandon who bought those roses yesterday." From the looks that the two girls telegraphed between each other, and from the sudden overloaded silence, Judith knew that it had indeed been her husband who had bought roses here the day before. She found this surprising, for two reasons: first, because he was not a man who was in the habit of buying flowers, and second, because he had brought no roses home with him.

She smiled at the girls, paid for the vegetables and went out into the street. She wondered, as she crossed lettuce, potatoes, tomatoes off her shopping list, what the girls were saying to each other back there. And wondered, too, why Donald had been buying roses. There'd been no mistake. Judith hadn't taught for all these years without having developed a pretty good sense of when people were telling the truth or not, and besides, she remembered Sally from the classroom, a well-meaning girl with a sad ability to jump into puddles with two flat feet, stirring up any mud there happened to be at the bottom.

So why does he buy roses and not tell me about it? There seems, she thought, one fairly obvious conclusion . . . no, it's ridiculous; I mean . . . why do I reach it so quickly, though? As if it had been waiting for me. Anyway, now that I have, there's no use pretending I haven't. So. Let's think about it.

Wouldn't I know? Wouldn't I have guessed before now if . . . after all, you don't know someone for nearly 30 years and not notice (do you?) that they are—what? Romantically inclined towards another. . . . The idea was still so shockingly absurd that she found herself trying to laugh at it. The joke, however, fell a little flat. Because yes, of course, that's it. You don't notice. That's the whole point: You don't. And maybe it's because you don't (or wouldn't, if he did), that he does. Incline romantically. Buy roses.

Well really, she thought, suddenly indignant. Roses. What does he think he's doing? Did he ever buy *me* roses? A bunch of daffodils or something, perhaps, when the babies were born. Not roses, definitely. Ever. He's not a rose-buying man. I hope whoever she is realizes what an unusual thing it is he's done. Roses. And in February. I'll bet they don't smell like roses, anyway, she comforted herself fiercely. Only summer roses smell like roses. But, still . . . What color, I wonder? Red, I'll bet. "My love is like a red, red rose . . ." And those improbably long stems. What on earth must they look like, growing? Not real at all. Freaks, actually. Nurserymen's fantasies.

It was no use. Her efforts to diminish the importance of the incident were failing miserably, and she felt angry and ashamed. And frightened. Roses, though, she told herself. It's terrible. Red, pink or white, it doesn't matter. Roses are serious. They mean something. If it wasn't serious, then it wouldn't, well, mightn't, be so bad. . . . But then, there wouldn't be roses. Roses are for love, for romance, for the kind of passion that counts the world well lost. Who, I wonder—as she filled her wire basket with soapflakes and garbage bags—where and when? She ticked things off on her list and wished that life could be dealt with so tidily, so painlessly. Why? As if there (continued on page 127)



Hot Flash: Stews Score  
High in Appetite Appeal

# THE NEWS

READ ALL ABOUT IT! A SLEW OF ROBUST STEWS FOR RANGE OR SLOW-COOKER, PLUS HANDY TIPS.

## Stewing Secrets Revealed

### HOW TO TIME VEGETABLES

Are vegetables in your stews overcooked? Undercooked? Sometimes both? Solve the problem by knowing when to add what. Generally even the tougher root vegetables (turnips, potatoes, carrots) need to be stewed only the last 45 minutes. Chopped onions are frequently browned with the meat—slow cooking “melts” them, lending flavor. If you want the texture of onions, it’s advisable to put in little white onions along with other root vegetables. Frozen vegetables can be tossed in (unthawed) during the last 15 minutes. And fresh vegetables, such as green beans or zucchini, can be partially cooked in a separate pot (keeps them greener), then added for the final 5 minutes of cooking.



### CURRIED VEGETABLE STEW

A spicy taste of India for a meatless main dish (raw ingredients, above; ready-to-serve, left). The base is dried chick peas (garbanzo beans) simmered with cauliflower, potatoes, green peas, carrots and onions. Serve with rice and yogurt to round out the protein.





# N STEWS

PEŠ, PAGE 110 BY SUE B. HUFFMAN, FOOD AND EQUIPMENT EDITOR.

## NEW WAYS WITH THE CLASSICS

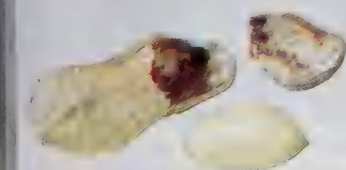
The smart thing to do when making a stew is to cook up an extra big batch and freeze some for a later day. Problem: That good old classic, beef stew, devised before the freezer age, is chock-full of potatoes that turn to mush when frozen/thawed. Our answer is to substitute rutabaga (yellow turnip), which freezes beautifully in this wine-rich beef stew, *right*. By making one small change, we've also taken the "trickiness" out of another French classic, Veal Blanquette. Its traditional cream sauce, always on the verge of curdling, is given stability by adding cornstarch to egg yolks. Mushrooms, tiny white onions and cream complete this delicate dish.



Photographs by Irwin Horowitz

EVERYONE'S FAVORITE BEEF STEW . . . IMPROVED

## Stews of the World



Every country has its own special stews with distinct national flavors. Try out a chicken stew, African-style, with its unusual yet



familiar taste—peanut butter. Or, Cioppino, a fish chowder brought to San Francisco by Portuguese fishermen, that's a tasty mixture of



SPICY PORK AND HOMINY

## Stews: A Boon to Your Food Budget

Most stewpot dishes are money-savers, offering clever ways to stretch small amounts of meat into many servings. Extra bonus—hours of slow simmering tenderizes even the toughest of cuts. *Left*: Mexican pork stew, also known as Pozole, has chunks of pork shoulder filled out by a little-used grain, hominy. Topping is sour cream, avocado, radishes.

## Easy for Entertaining

Perfect for a dinner gathering, sit-down or buffet, stews can be made totally ahead, freeing the hostess from her kitchen. And many stews taste even better when reheated. *Left*: Decorative and delicious, a Moroccan lamb stew that is cooked in a Dutch oven or slow-cooker. It's colorful, with prunes, sweet potatoes, apples, lightly sautéed with cinnamon and honey.



SWEET AND SAVORY LAMB





Meet Susan Davies. She has an adoring husband who helps with the housework. She also has three responsible, healthy, bright children. And she has a rewarding

job. Still, like so many other women who seem to have everything, Susan knows in her heart that something is missing. Time. Susan Davies is Everywoman in the 80s who is blessed with all we've been striving for—but cannot savor the blessings. Is there a solution . . . for her, for any of us? The *Journal* set out to discover one. Read Susan's story, then turn to page 142 for the ways we found to make her life (and yours) easier, less hectic—but most of all, more pleasurable.

**Y**ou could almost set your watch by her. Every weekday morning at 8:20 A.M. Susan Davies weaves her white Datsun as quickly as possible through the heavy southbound traffic on Interstate 684 toward White Plains, New York. Within minutes, she has turned the small car off the highway at Exit 2 onto Airport Road and turned left again before disappearing into the parking lot of the Pitney Bowes building where she is employed as a sales representative. "Now stop worrying," Susan scolds herself sternly as she finds a parking place. "Forget about the morning hassle of five people getting ready for work and school when only one bathroom has any water pressure worth mentioning. (continued on page 140)

**"Do I have it all, but no time to enjoy it?"**

**By Nancy Rubin**

Photographs by Harry Benson



Mornings are rushed in the Davies household, and seldom do all five family members eat together.

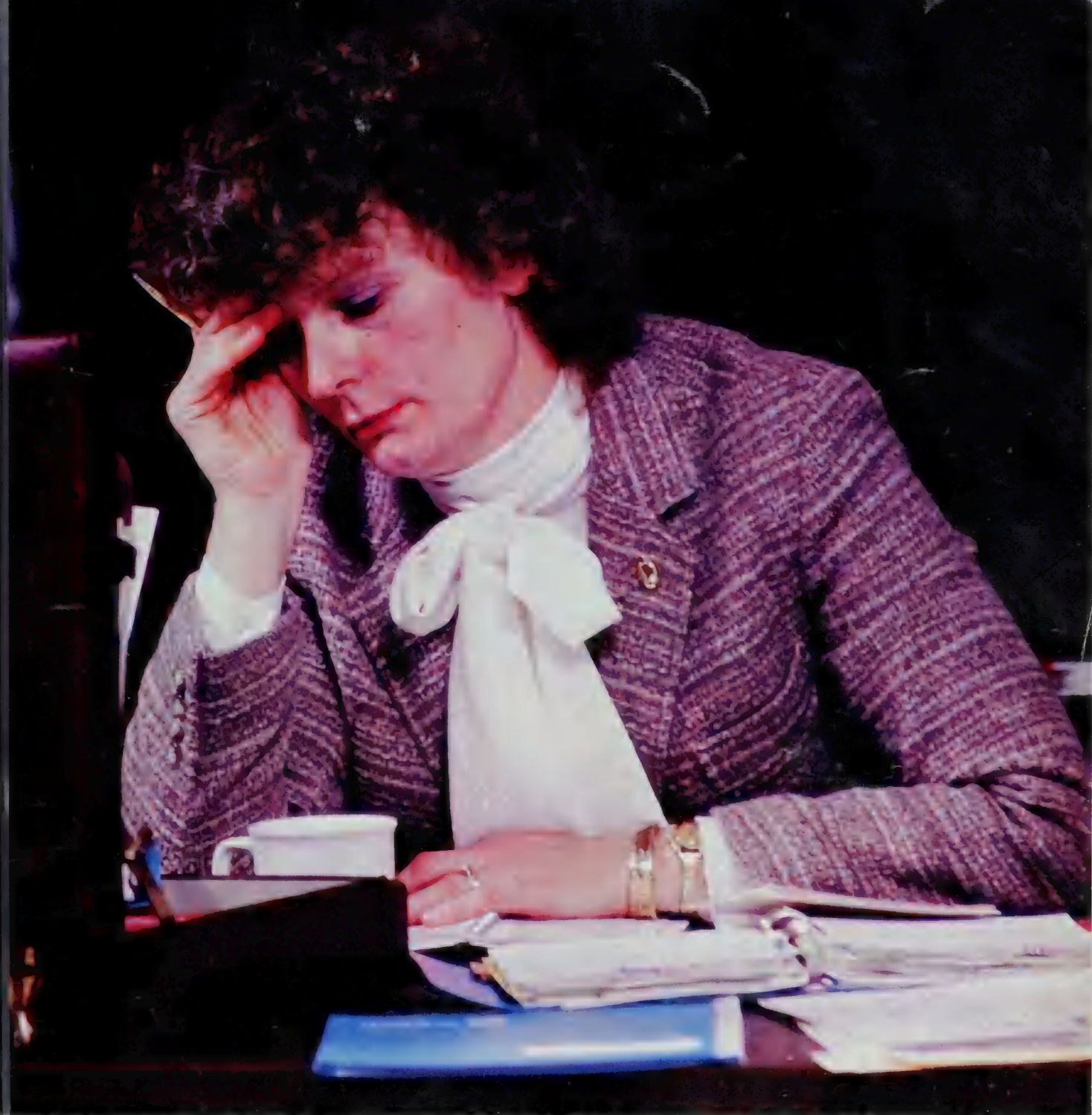


As a sales rep, Susan spends much of her workday in the car, which is stocked with files, stapler, paper clips.



After a quick sandwich, Susan uses the rest of her break shopping for gifts, household items, cosmetics.





Most of the time, Susan is in control of her many-faceted life . . . but there are moments when she feels overwhelmed.



At 6:15, Susan finds John cooking dinner, a Monday ritual. ("All he does is cook," she says.)

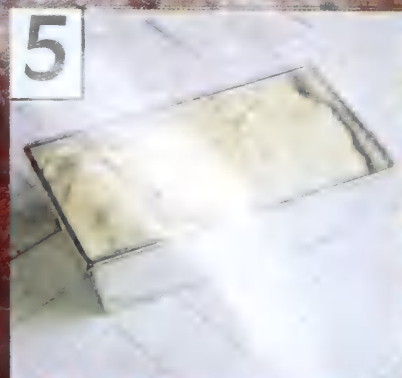
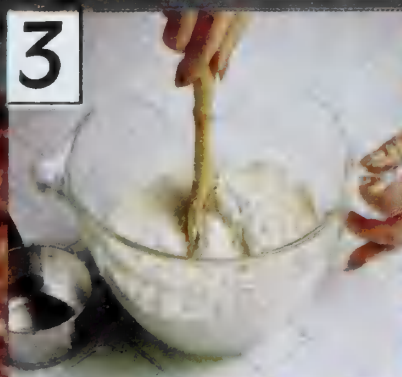
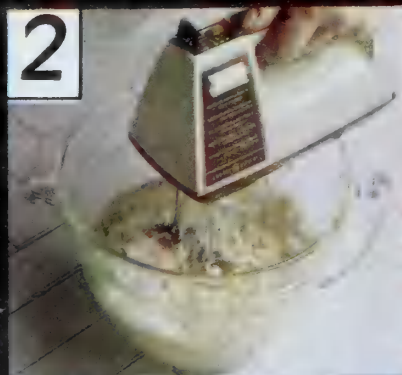
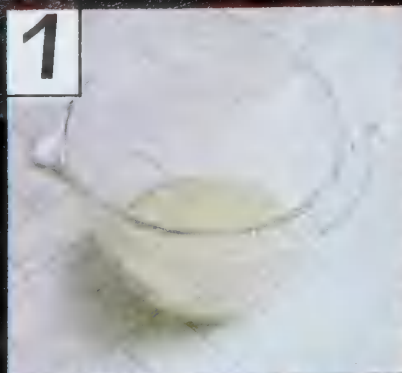


Martha is supposed to do the family laundry, but she has a hectic schedule, so Susan often helps her.



The Davies share a rare, quiet moment together. *L to R*: Martha, 16; John, 42; Susan, 38; Lisa, 12; and Mark, 10.





# **Homemade**

Dissolve a package of yeast in water. Make sure bowl is warm (run under hot water first). Stir in honey.

# **Bread:**

Add butter or margarine and 2 cups flour. Beat on low speed until blended, then on high 1 minute.

# **The**

Stir in remaining flour, cover with greased wax paper. Let dough rise in warm place about 45 minutes.

# **Simplest**


"Punch" down by beating 30 strokes with a wooden spoon. Pour into greased loaf pan; let rise in warm place.

# **Ever**

Dough is ready in 30-40 minutes when it rises up to side edges of pan (not over). Bake at 375°F. for 35-45 minutes.







**C**an you imagine your kitchen filled with the aroma of freshly baked bread? It's easy and fun—when you follow our simple, no-knead formula. (For recipes, see our better batter bread chart, next page.) Start with basic white or whole grain, go on to five variations each, from cornmeal to caraway rye.

*Clockwise from top:  
Egg, Cinnamon-Raisin,  
Whole Wheat.*



**BATTER BREAD CHART**

The simplest breads ever—12 recipes at a glance. Directions at bottom of chart.

		Active Dry Yeast	Warm Water (105-115°F)	Honey	Butter or Margarine	Salt	All-Purpose (White) Flour	Extras	Baking time at 375°F.
<b>WHITE</b>	BASIC WHITE	1 pkg.	1¼ cups	2 Tb.	2 Tb.	1 tsp.	3 cups		35 min.
	CHEDDAR CHEESE	1 pkg.	1¼ cups	2 Tb.	1 Tb.	1 tsp.	3 cups	1 cup shredded sharp Cheddar cheese (stir in at step 3)	45 min.
	CINNAMON-RAISIN*	1 pkg.	1¼ cups	2 Tb.	2 Tb.	1 tsp.	3 cups	1 Tb. cinnamon 1 cup raisins (swirl in both at step 4 after "punching" down batter) Glaze*	40 min.
	EGG	1 pkg.	½ cup	2 Tb.	2 Tb.	1 tsp.	3 cups	3 eggs ½ tsp. vanilla extract (stir in both at step 2)	35 min.
	CORNMEAL	1 pkg.	1¼ cups	2 Tb.	2 Tb.	1 tsp.	2½ cups	½ cup yellow cornmeal (stir in at step 3)	40 min.
	CRACKLIN' PEPPER**	1 pkg.	1¼ cups	2 Tb.	2 Tb.	1 tsp.	3 cups	½ tsp. cracked pepper ½ lb. salt pork, cooked** (stir in both at step 3)	40 min.
<b>WHOLE GRAIN</b>	WHOLE WHEAT	1 pkg.	1¼ cups	2 Tb.	2 Tb.	1 tsp.	1½ cups	1½ cups whole wheat flour (stir in ½ cup with white flour at step 2, add remaining at step 3)	40 min.
	ONION WHEAT	1 pkg.	1¼ cups	2 Tb.	2 Tb.	1 tsp.	1½ cups	1½ cups whole wheat flour (stir in ½ cup with white flour at step 2, add remaining at step 3) 1½ tsp. dehydrated onion flakes (stir in at step 3)	35 min.
	CARAWAY RYE	1 pkg.	1¼ cups	2 Tb.	2 Tb.	1 tsp.	2½ cups	1 cup rye flour 1½ tsp. caraway seed (stir in both at step 3)	35 min.
	SUNFLOWER SEED YOGURT	1 pkg.	¾ cup	2 Tb.	2 Tb.	1 tsp.	1½ cups	1½ cups whole wheat flour (stir in ½ cup with white flour at step 2, add remaining at step 3) ½ cup plain yogurt, plus ¼ cup roasted, salted sunflower seeds (stir in both at step 3)	40 min.
	SWEDISH LIMPA	1 pkg.	juice of 1 orange + water to = 1¼ cups	2 Tb.	2 Tb.	1 tsp.	2 cups	1 cup rye flour 1 tsp. grated orange peel ½ tsp. anise seed (stir in all at step 3)	40 min.
	BRAN & WHEAT GERM	1 pkg.	1¼ cups	2 Tb.	2 Tb.	1 tsp.	2½ cups	1 egg (add at step 2) ¾ cup unprocessed bran ¼ cup wheat germ (stir in both at step 3)	35 min.

**DIRECTIONS:**

1. In large bowl dissolve yeast in water. Stir in honey.
2. Add butter or margarine, salt and only 2 cups flour. Check individual recipes for "extras" to be stirred in. Beat on low speed with mixer until blended. Increase speed to high; beat 1 minute. Scrape bowl; beat 1 minute more.
3. Stir in remaining flour and "extras" (check individual recipes) with wooden spoon. Cover and let rise in warm place until doubled in bulk, about 45 minutes.
4. Grease an 8½x4½-in. loaf pan (or 1½-qt. soufflé dish or three 5x2½x2¼-in. loaf pans). "Punch" batter down by stirring 30 strokes with wooden spoon. Spoon into loaf pan.
5. Let rise, covered, in warm place for 30 to 40 minutes or until batter rises to edge of pan (not over). Bake in preheated 375° F. oven as directed above. Remove from pan. (To determine doneness, tap bottom of loaf with fingertips. It should sound hollow. If not, return to pan and bake for 5 more minutes.) Cool on wire rack. Makes 1 loaf.

\*For Cinnamon-Raisin Bread Glaze: Mix ½ cup confectioners' sugar, 1 Tb. milk and ½ tsp. vanilla extract until smooth. Spread on cooled bread.

\*\*For Cracklin' Pepper Bread: Dice salt pork and cook in skillet until crisp; drain and set aside. Or ½ lb. sliced bacon, cooked until crisp, crumbled.



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## THE NEWS IN STEWS

continued from page 103

### CURRIED VEGETABLE STEW pictured on page 102

*You don't have to be a vegetarian to dive into this colorful, nutritious dish that's comfortingly low in calories.*

1 cup dried chick peas or garbanzo beans  
Water  
2 tablespoons salad oil  
1 cup sliced onions  
3 garlic cloves, crushed  
1 tablespoon salt  
1 tablespoon freshly grated ginger or  
1 teaspoon dried ginger  
1 teaspoon coriander  
1 teaspoon ground cumin  
1 teaspoon turmeric  
½ teaspoon cinnamon  
¼ teaspoon ground red pepper  
1 cup tomato juice  
2 cups diced potatoes (2 medium)  
1 cup (about 2) carrots, cut in ½-inch  
slices  
1 small head (1½ lbs.) cauliflower, broken  
into small flowerets  
1 cup frozen green peas

In large saucepan cover chick peas with water. Bring to a boil; boil 2 minutes. Remove from heat; let stand 1 hour. Drain and return to pan. Add 1 quart water; cook 1 to 1½ hours or until just tender.

In medium saucepan heat oil. Add onions and sauté over medium heat until translucent, about 5 minutes. Add garlic, salt and spices; cook 2 minutes. Add tomato juice and stir, scraping up any bits stuck to pan. Add to chick peas with potatoes and carrots. Cover; simmer 20 minutes. Add cauliflower; cook 25 more minutes. Stir in peas; cook 5 more minutes. Makes 6 to 8 servings, 255 calories per 6, 190 calories per 8.

### CLASSIC BEEF STEW pictured on page 103

*The perfect winter meal—add a green salad, crusty French bread and a jug of red. Pure bliss!*

2 pounds beef chuck, cut into 1½-inch cubes  
3 tablespoons salad oil  
¼ cup all-purpose flour  
2 cups beef broth  
1 cup red wine  
1 can (16 oz.) whole tomatoes, crushed  
2 garlic cloves, crushed  
1½ teaspoons salt  
½ teaspoon thyme  
¼ teaspoon pepper  
1 bay leaf  
18 small, whole white onions, peeled and trimmed (about ¾ lb.)  
6 carrots, peeled, trimmed and cut into 1-inch chunks  
1 pound rutabaga, peeled and cut into 1-inch chunks (about 3 cups)  
Water  
½ pound green beans, trimmed and cut into thirds

Pat meat on paper towels. Heat oil in large Dutch oven over medium heat. Brown meat a few pieces at a time. When brown, remove from Dutch oven; continue with remaining meat.

Remove all but 2 tablespoons drippings from Dutch oven. Return meat and sprinkle with flour. Over medium heat, toss beef (about 3 to 4 minutes) to coat on all sides and brown flour. Stir in beef broth, scraping bottom of pan to blend flour. Add wine, tomatoes, garlic, salt, thyme, pepper and bay leaf. Reduce heat to low, cover and simmer 2 hours, stirring occasionally.

Add onions, carrots and rutabaga to Dutch oven and continue cooking 45 minutes, or until meat and vegetables are tender.

Meanwhile, in medium saucepan bring 1 quart water to boiling. Drop in green beans and cook 5 minutes. Drain and set aside.

Just before serving stew, add blanched green beans to Dutch oven; simmer 5 minutes. Makes 6 to 8 servings, about 770 calories per 6, 580 calories per 8.

*To prepare in slow-cooker:* Brown meat and add ½ cup flour as indicated above. Stir in 1 cup beef broth, scraping bottom of pan. Transfer beef and broth to slow-cooker. Add ½ cup wine and remaining ingredients except green beans. Cook 5 hours on "high" setting or until tender. Meanwhile, cook beans 8 minutes as indicated above; add to stew just before serving.

### MEXICAN PORK STEW (POZOLE) pictured on page 103

*A hearty, spicy stew of Mexican origin—use as much chili powder, cumin and red pepper as you dare—cooled with sour cream, avocado and crunchy radish garnish.*

3 tablespoons (about 2 oz.) chopped salt pork  
2 pounds boneless pork shoulder, cut into 1½-inch cubes  
1 cup chopped onions  
2 garlic cloves, crushed  
2 tablespoons chili powder  
2 cans (16 oz. each) hominy, rinsed and drained  
3½ cups water  
2 tablespoons cornstarch blended with 2 tablespoons water  
1½ teaspoons salt  
¾ teaspoon ground cumin  
½ teaspoon oregano  
¼ teaspoon ground red pepper  
Garnishes: sour cream, avocado, sliced radishes

In large Dutch oven over medium heat, brown salt pork. Remove with slotted spoon; set aside. Reserve drippings. Pat pork cubes on paper towels. Over medium heat brown a few pieces at a time in drippings. Remove all but 2 tablespoons drippings from Dutch oven. Add onions and garlic; sauté until golden. Stir in remaining ingredients. Cover and simmer 2 hours or until pork is fork-tender. Serve with garnishes. Makes 6 to 8 servings, about 740 calories per 6, 555 calories per 8, without garnishes.

*In slow-cooker:* Follow recipe as above but use only 2 cups water instead of 3½ cups; place in slow-cooker. Cook on "high" setting 5 hours.

### MOROCCAN LAMB STEW pictured on page 103

*An unusual entrée to serve at your next dinner party. We cook the apples separately so they don't get mushy.*

2 tablespoons salad oil  
1 teaspoon ginger  
1 teaspoon salt  
½ teaspoon pepper  
Cinnamon  
2 pounds boneless lamb shoulder, cut in 1½-inch chunks  
1 cup chopped onions  
1 package (12 oz.) pitted prunes  
2 large sweet potatoes, peeled and cut into ½-inch slices  
3 cups water  
2 tablespoons cornstarch mixed with 2 tablespoons water  
2 tart cooking apples  
2 tablespoons butter or margarine  
1 tablespoon honey

In large Dutch oven combine oil, ginger, salt, pepper and ½ teaspoon cinnamon. Add lamb and onions; stir over low heat about 5 minutes or until meat is very lightly browned. Add prunes, sweet potatoes and water. Cover and simmer 1½ to 2 hours or until meat is tender. Mix small amount of stew liquid into cornstarch mixture. Stir; add to Dutch oven. Bring to boiling; boil 1 minute.

Meanwhile, cut each apple into 8 wedges. Remove seeds and stems. In large skillet over medium heat, melt butter or margarine; stir in honey and ½ teaspoon cinnamon. Place apples in skillet in one layer; sauté 5 minutes on each side or until tender. Pour stew into serving dish and garnish with apples. Makes 6 to 8 servings, 830 calories per 6, 620 calories per 8.

### BLANQUETTE OF VEAL

*This delicate French classic has a more subtle flavor than most stews.*

2 pounds boneless veal, cut into 1½-inch cubes  
Water  
3½ cups chicken broth  
1 onion, peeled and studded with a whole clove  
1 carrot, quartered  
2 ribs celery, cut in thirds  
1 teaspoon salt  
1 bay leaf  
¼ teaspoon thyme  
16 small, whole white onions (about ¾ lb.)  
8 ounces small fresh mushrooms, wiped and trimmed  
2 tablespoons lemon juice  
3 egg yolks  
2 tablespoons cornstarch  
¼ cup heavy or whipping cream

Place veal cubes in 4-quart saucepan or Dutch oven. Cover with 2 inches of water. Bring to a boil; simmer 2 minutes. Drain veal; rinse off scum. Rinse pan. Return veal to pan; add chicken broth, onion, carrot, celery, (continued)





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## THE NEWS IN STEWS

continued

salt, bay leaf and thyme. Cover; simmer 1½ hours.

Meanwhile, peel and trim whole white onions. Place in small saucepan with water to cover; simmer 35 minutes. Drain; set aside. Toss mushrooms with lemon juice, set aside.

When veal is tender, remove onion, carrot, celery and bay leaf. In small bowl combine egg yolks and cornstarch; beat until smooth. Add cream. Remove 1 cup cooking liquid and stir into egg yolk mixture. Add onions and mushrooms to veal. Stir in egg mixture. Bring to a boil over low to medium heat, stirring constantly. Makes 6 servings, 385 calories each.

### GROUNDNUT STEW

*A taste of West Africa in this delicious chicken stew flavored with peanut butter and red pepper.*

3 tablespoons salad oil  
1 broiler-fryer chicken (3 lbs.), cut into 8 pieces  
½ cups chopped onions  
2 garlic cloves, crushed  
1 can (28 oz.) whole tomatoes, undrained and chopped  
½ cup creamy peanut butter  
1½ teaspoons salt  
¼ teaspoon crushed red pepper  
½ cup chopped, unsalted, dry-roasted peanuts

In Dutch oven or skillet heat oil over medium heat. Add chicken a few pieces at a time and brown on all sides. Remove chicken; drain off all but 2 tablespoons oil. Add onions and garlic; sauté until onions are golden. Stir in tomatoes and juice, peanut butter, salt and crushed red pepper. Return chicken legs and thighs to Dutch oven; cover and simmer 15 minutes. Add remaining chicken. Cover and simmer 20 minutes more or until chicken is tender. Stir in peanuts. Makes 4 servings, about 750 calories each.

*In slow-cooker:* Brown chicken, onions and garlic in oil in large skillet as indicated. Place in slow-cooker with remaining ingredients except peanuts and cook on "high" setting about 4 hours or until chicken is tender. Stir in peanuts just before serving.

### PORK 'N' KRAUT GOULASH

*Pair this hearty favorite with a dark pumpernickel bread and mugs of beer.*

2 pounds pork shoulder, cut into 1-inch cubes  
¼ cup all-purpose flour  
½ teaspoon salt  
¼ cup salad oil  
1½ cups finely chopped onions  
1 garlic clove, crushed  
2 tablespoons Hungarian sweet paprika  
2½ cups chicken broth  
¼ cup tomato paste  
1 teaspoon caraway seed  
1 can or bag (16 oz.) sauerkraut, drained  
1 cup sour cream

Pat pork on paper towels. Combine flour and salt on plate or sheet of wax paper. Toss pork in flour to coat. Reserve any remaining flour.

In large Dutch oven heat oil over medium-high heat. Preheat oven to 325°F. Brown meat on all sides, a few pieces at a time; remove. Repeat until all meat is browned. Add onions and cook until transparent. Add garlic and remaining flour and paprika; cook 2 minutes. Add broth, tomato paste, caraway and sauerkraut. Return pork to Dutch oven. Stir until well mixed. Bring just to a boil. Cover and place in oven and bake 1½ hours or until pork is tender. Remove from oven; stir in sour cream. Makes 6 to 8 servings, about 795 calories per 6, 595 calories per 8.

*To prepare in slow-cooker:* Brown meat and onions as above. Add to slow-cooker with remaining ingredients, using only 1¼ cups chicken broth. Cover and cook on "high" setting 4½ to 5 hours. Stir in sour cream.

### CARBONNADE OF BEEF

*Beer is the cooking liquid for this stew of Belgian origin. Mustard, brown sugar and vinegar add a hint of sweet/sour flavor.*

2 pounds beef chuck, cut into 1½-inch cubes  
¼ cup flour  
½ teaspoon salt  
¼ teaspoon pepper  
3 slices bacon, cut into ½-inch pieces  
1 tablespoon salad oil  
2 cups sliced onions  
1 tablespoon brown sugar  
1 tablespoon cider vinegar  
1 bay leaf  
¼ teaspoon dried thyme  
1 can (12 oz.) beer  
1 tablespoon Dijon mustard

Pat beef on paper towels. Combine flour, salt and pepper on a plate or sheet of wax paper. Coat beef in flour mixture; set aside.

Meanwhile, in large Dutch oven cook bacon over medium heat until crisp. Remove with slotted spoon. Add oil to bacon drippings. Brown meat, a few pieces at a time, on all sides. Remove. Repeat until all meat is browned. Add onions; cook until transparent. Add remaining ingredients and return beef and bacon to Dutch oven. Bring to a boil. Cover; reduce heat and simmer 2½ hours or until beef is tender. Makes 4 servings, 535 calories each.

*To prepare in slow-cooker:* Follow above directions through cooking the onions. Add meat, onions, only ¼ cup beer and remaining ingredients to slow-cooker. Cook at "high" setting in slow-cooker for 4½ to 5 hours.

### BRUNSWICK STEW

*Move over, chicken soup. We've found a new version—chock-full of veggies: tomatoes, green pepper, lima beans, okra and corn.*

1 stewing chicken (5 to 6 lbs.)  
1 ham hock  
3 onions, sliced  
2 small bay leaves  
¼ teaspoon crushed red pepper  
2 quarts water  
1 green pepper, diced  
1 can (16 oz.) whole tomatoes, undrained  
1 package (10 oz.) frozen cut okra  
1 cup frozen lima beans  
1 cup frozen corn  
1½ teaspoons salt  
1 tablespoon Worcestershire sauce  
½ teaspoon bottled red pepper sauce

In large stockpot combine chicken, ham hock, 1 onion, bay leaves, crushed red pepper and water. Heat to boiling; reduce heat. Cover and simmer 2 hours or until chicken is tender. Remove from heat. Strain chicken broth into large bowl. Cool; discard bones and skin. Cut meat into chunks. Skim fat from stock, reserving 2 tablespoons.

Wipe out stockpot. Add reserved fat and heat. Add remaining onions and green pepper and sauté over medium heat about 5 minutes, until onions are translucent. Add tomatoes and juice (crush with wooden spoon), 4 cups reserved chicken stock, okra, lima beans, corn, salt, Worcestershire and red pepper sauce. Simmer 30 minutes. Return meat to broth and cook until heated through. Makes 8 servings, about 300 calories each.

### FISH STEW (CIOPPINO)

*This fish stew makes one yearn for San Francisco. Mop it up with sourdough French bread.*

3 tablespoons salad oil  
1 cup finely chopped onions  
1 medium green pepper, chopped  
3 garlic cloves, crushed  
1 can (16 oz.) whole tomatoes, undrained  
1 cup dry white wine  
Pinch ground red pepper  
1 pound fresh or frozen firm-fleshed white fish (such as cod, halibut, whiting), partially thawed if frozen, cut into 1½-inch cubes

Water  
12 little neck clams, well scrubbed (optional)  
½ pound fresh or frozen medium shrimp, shelled and deveined

In large skillet or shallow saucepot heat oil. Add onions, green pepper and garlic; sauté over medium-high heat about 5 minutes. Add tomatoes and juice, white wine and pepper. Cover and simmer 20 minutes. Break up tomatoes with fork into bite-size pieces. Add fish, cover and simmer 5 minutes.

Meanwhile, in skillet heat 1 inch of water to boiling; add clams. Cover and cook 2 minutes or until clams begin to open. Remove clams as they open and set aside. Discard any clams that do not open after 5 minutes.

Add shrimp to fish; cover and cook 3 minutes for fresh or 6 minutes for frozen. Add clams and cook 1 minute more. Makes 4 servings, about 360 calories each with clams, 325 calories each without.

End



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## CHEESECAKE

continued from page 95

### CREAM CHEESECAKE pictured on page 94

LHJ's version of cheesecake: dense, creamy, a subtle lemon flavor. Dress it up with one of our toppings: blueberry, pineapple, rhubarb or sour cream.

#### 1 recipe Cheesecake Crust (recipe follows)

##### Filling

- ¾ cup sugar
- 2 tablespoons flour
- ⅓ teaspoon salt
- 3 packages (8 oz. each) cream cheese, at room temperature
- 2 eggs, at room temperature
- 1 tablespoon vanilla extract
- ½ teaspoon grated lemon peel
- 1 cup heavy or whipping cream, unwhipped
- 1 recipe cheesecake topping (see below, if desired)

Prepare Cheesecake Crust; cool.

Preheat oven to 375°F. In large mixer bowl combine sugar, flour and salt; mix well. Add cream cheese. With mixer at medium speed beat until smooth and well blended. Add eggs, vanilla and lemon peel; beat just until well blended. Stir in cream. Pour on top of crust. Bake 55 minutes. (Center will be slightly soft.) Immediately run spatula around edge of cake to loosen from pan (helps prevent cracking). Cool on wire rack 1 hour, then cover and chill 4 to 5 hours before cutting. Top with favorite topping, if desired. Makes 12 servings, about 410 calories each (without topping).

### CHEESECAKE CRUST

A cookie-like crust for the cheesecake.

- ¼ cup butter or margarine
- 2 tablespoons sugar
- ½ teaspoon vanilla extract
- ½ cup all-purpose flour

Preheat oven to 400°F. In large mixer bowl beat butter or margarine until soft. Gradually add sugar; beat until light and fluffy. Add vanilla, then stir in flour. With floured fingertips, press dough evenly on bottom of ungreased 9-inch springform pan. Bake until golden, 10 to 12 minutes. Cool completely on wire rack.

### CHEESECAKE TOPPINGS pictured on page 94

#### BLUEBERRY

- ½ cup sugar
- 1½ tablespoons cornstarch
- ½ teaspoon cinnamon
- 2 cups fresh or frozen blueberries
- ½ cup water
- 1 teaspoon butter or margarine
- 1 teaspoon lemon juice

In medium saucepan combine dry ingredients; mix well. Add berries and water. Cook and stir over medium heat until mixture comes to a boil. Reduce heat; simmer 1 minute. Remove from heat; stir in butter or margarine and

lemon juice. Cool, then spoon over cheesecake. Makes enough for one 8- or 9-inch cheesecake (2 cups). Add 40 calories per serving.

#### PINEAPPLE

- ½ cup sugar
- 1½ tablespoons cornstarch
- 1 can (20 oz.) crushed pineapple in own juice, undrained
- 1 tablespoon lemon juice
- 1 teaspoon butter or margarine

In medium saucepan combine sugar and cornstarch; mix well. Add pineapple and juice. Cook and stir over medium heat until mixture comes to a boil. Reduce heat; simmer 1 minute. Remove from heat; stir in lemon juice and butter or margarine. Cool, then spoon over cheesecake. Makes enough for one 8- or 9-inch cheesecake (2½ cups). Add 55 calories per serving.

#### RHUBARB

- ¾ cup sugar
- 1½ tablespoons cornstarch
- 3½ cups cubed fresh rhubarb or 1 package (16 oz.) frozen cut rhubarb
- ¾ cup water

In medium saucepan combine sugar and cornstarch; mix well. Add rhubarb and water. Cook and stir over medium heat until mixture comes to a boil. Reduce heat; simmer until fruit is tender, 3 to 5 minutes. (For more brilliant color, add 6 to 8 drops red food coloring.) Cool, then spoon over cheesecake. Makes enough for one 8- or 9-inch cheesecake (2 cups). Add 55 calories per serving.

#### SOUR CREAM

- 2 cups sour cream
- ¼ cup sugar
- ¼ teaspoon vanilla extract

In small bowl combine all ingredients. Spread over hot, just-baked cheesecake; bake 5 minutes longer. Makes enough for one 8- or 9-inch cheesecake. Add 95 calories per serving.

### PRALINE CHEESECAKE pictured on page 94

Reminiscent of the praline candy of New Orleans.

#### 1 recipe Cheesecake Crust (see this page)

##### Filling

- 1 cup firmly packed dark brown sugar
- 2 tablespoons flour
- ¼ teaspoon nutmeg
- ⅓ teaspoon salt
- 3 packages (8 oz. each) cream cheese, at room temperature
- 2 eggs, at room temperature
- 1 tablespoon vanilla extract
- 1 cup heavy or whipping cream, unwhipped
- ½ cup chopped pecans

Prepare Cheesecake Crust; cool.

Preheat oven to 375°F. In large mixer bowl combine sugar, flour, nutmeg and salt; mix well. Add cream cheese. With mixer at medium speed, beat until smooth and well blended. Add eggs and vanilla; beat just until well blended. Stir in cream. Pour on top of crust. Sprinkle pecans around edge. Bake 55 minutes. (Center will be slightly soft.) Immediately run spatula around edge of cake to loosen from pan (helps prevent cracking). Cool on wire rack 1 hour, then cover and chill 4 to 5 hours before cutting. Makes 12 servings, about 455 calories each.

### CHOCOLATE MARBLE CHEESECAKE pictured on page 95

Definitely for chocolate lovers.

#### 1 recipe Cheesecake Crust (see this page)

##### Filling

- ¾ cup sugar
- 2 tablespoons flour
- ⅓ teaspoon salt
- 3 packages (8 oz. each) cream cheese, at room temperature
- 2 eggs, at room temperature
- 1 tablespoon vanilla extract
- 1 cup heavy or whipping cream, unwhipped
- 3 squares (1 oz. each) semisweet chocolate, melted



"National Geographic special is on!"



Prepare Cheesecake Crust; cool.

Preheat oven to 375°F. In large mixer bowl combine sugar, flour and salt; mix well. Add cream cheese. With mixer at medium speed, beat until smooth and well blended. Add eggs and vanilla; beat just until well blended. Stir in cream. Set aside 2 cups filling. Pour remaining filling on top of crust. Stir chocolate into reserved filling until well combined. Drop chocolate mixture by tablespoonfuls into cheese filling, forming 6 puddles." Swirl filling with knife 2 or 3 times for marbled effect. Bake 55 minutes. (Center will be slightly soft.) Immediately run spatula around edge of cake to loosen from pan (helps prevent cracking). Cool on wire rack 1 hour, then cover and chill 4 to 5 hours before cutting. Makes 12 servings, about 445 calories each.

### HEARTS OF GOLD CHEESECAKE

Bound to become a family favorite—a creamy combination of almond and apricot.

recipe Cheesecake Crust (see page 114)  
apricot filling

¾ cup dried apricots  
2 tablespoons sugar  
½ cup water  
2 tablespoons amaretto liqueur  
1 teaspoon lemon juice

cream cheese filling  
¾ cup sugar  
2 tablespoons flour  
½ teaspoon salt  
3 packages (8 oz. each) cream cheese, at room temperature  
2 eggs, at room temperature  
¼ cup amaretto liqueur  
1 tablespoon vanilla extract  
1 cup heavy or whipping cream, unwhipped

Prepare Cheesecake Crust; cool.

apricot filling: Preheat oven to 375°F. In saucepan combine all ingredients. Bring to a boil; cook 5 minutes longer. Purée; cool to room temperature.

cream cheese filling: In large mixer bowl combine sugar, flour and salt; mix well. Add cream cheese. With mixer at medium speed, beat until smooth and well blended. Add eggs, amaretto and vanilla; beat just until well blended. Stir in cream. Pour on top of crust in springform pan. Drop apricot filling by teaspoonfuls onto cheese filling; press down so apricot is covered. Bake 55 minutes. (Center will be slightly soft.) Immediately run spatula around edge of cake to loosen from pan (helps prevent cracking). Cool on wire rack 1 hour, then cover and chill 4 to 5 hours before cutting. Makes 12 servings, about 450 calories each.

### CHEESECAKE WITH CINNAMON CRUMB TOPPING

Try this brand new topping twist: cinnamon crumb. Leftovers are great for breakfast.

1 recipe Cheesecake Crust (see page 114)

#### Topping

½ cup all-purpose flour  
¼ cup firmly packed brown sugar  
½ teaspoon cinnamon  
3 tablespoons butter or margarine, melted

#### Filling

¾ cup sugar  
2 tablespoons flour  
½ teaspoon salt  
3 packages (8 oz. each) cream cheese, at room temperature  
2 eggs, at room temperature  
1 tablespoon vanilla extract  
1 cup heavy or whipping cream, unwhipped

Prepare Cheesecake Crust; cool.

Topping: Preheat oven to 375°F. In small bowl combine flour, sugar and cinnamon. Pour melted butter or mar-

garine over dry ingredients, tossing with fork to form moist crumbs; set aside.

Filling: In large mixer bowl combine sugar, flour and salt; mix well. Add cream cheese. With mixer at medium speed, beat until smooth and well blended. Add eggs and vanilla; beat just until well blended. Stir in cream. Pour on top of crust in springform pan; sprinkle with crumb topping. Bake 1 hour. (Center will be slightly soft.) Immediately run spatula around edge of cake to loosen from pan (helps prevent cracking).

Cool on wire rack 1½ hours, then cover and chill cake 4 to 5 hours before cutting. Makes 12 servings, about 465 calories each. (continued)

*Blue Diamond Almonds*

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## Sprinkle some almonds on your salad



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# Quick! Name the nutritious vegetable that comes in a plain brown wrapper.

**Hint:** One serving has only 100 calories, virtually no fat.

**Hint:** Yet provides 35% of Vitamin C\* you need daily.

**Hint:** And 20% of hard-to-get Vitamin B.



Still can't guess which vegetable has all that good stuff?

It's the potato.

Surprised? Well, the potato is full of surprises. It's a good source of iron and other minerals. And provides fiber your diet may be lacking.

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And when it comes to versatility, the potato has its place in hundreds of recipes that are delicious and very economical.

The potato plainly has it all wrapped up—as a nutritious, low-calorie, economical vegetable.

ANSWER:

**(Potatoes, America's favorite vegetable.)**

\* All figures apply to United States Recommended Daily Allowances (U.S. RDA) based on serving size (5.3 oz.) Potato Board Nutritional Labeling Study 1978-79.

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## CHEESECAKE

*continued*

### NO-BAKE CHEESECAKE

*This classic is light and creamy.*

#### Crust

- 1 cup graham cracker crumbs
- ¼ cup sugar
- ½ teaspoon cinnamon
- ¼ cup butter or margarine, melted

#### Filling

- 1 envelope unflavored gelatin
- ¼ cup water
- 1 package (8 oz.) cream cheese, at room temperature
- ½ cup sugar
- Generous dash salt
- ¾ cup milk
- ¼ cup fresh lemon juice
- ¾ cup heavy or whipping cream, whipped

**Crust:** Preheat oven to 375°F. Combine all ingredients; mix well. Press firmly against bottom and sides of a 9-inch pie plate. Bake 10 minutes; cool completely on wire rack.

**Filling:** In small saucepan combine gelatin and water; let stand 3 minutes. Cook over low heat, stirring constantly, just until gelatin is completely dissolved; cool to room temperature. In large mixer bowl combine cream cheese, sugar and salt. With mixer at medium speed beat until well blended. Gradually beat in dissolved gelatin, milk and lemon juice. Chill until slightly thickened. Fold in whipped cream; pour into prepared crust. Chill until firm, about 4 hours. If desired, top with favorite fruit topping. Makes

8 servings, about 365 calories each without topping.

### ORANGE BLOSSOM CHEESECAKE

*Calling all dieters—you, too, can indulge in cheesecake.*

- ¾ cup zwieback crumbs
- 1 tablespoon melted butter or margarine
- 2 envelopes unflavored gelatin
- ¾ cup sugar
- ½ teaspoon salt
- 2 egg yolks
- ¾ cup water
- ½ cup orange juice
- 1 tablespoon lemon juice
- 1 cup evaporated milk, undiluted
- 3 cups (1½ lbs.) low-fat cottage cheese
- 1 tablespoon grated orange peel
- 1 teaspoon vanilla extract

Combine zwieback crumbs and melted butter or margarine in a 9-inch springform pan. Press evenly against bottom; refrigerate.

In large saucepan mix gelatin, sugar and salt. Combine egg yolks with water, orange juice and lemon juice; beat with rotary beater or wire whisk just until well blended. Stir into gelatin mixture. Cook over low heat, stirring constantly, just until gelatin dissolved; set mixture aside at room temperature.

Pour evaporated milk into large mixer bowl. Place in freezer for about 30 minutes. Purée cottage cheese in blender or food processor until smooth. Stir thoroughly into gelatin mixture with orange peel and vanilla extract. Chill until mixture mounds slightly when dropped from spoon.

Beat chilled evaporated milk at high speed until light and thick. Stir gelatin mixture to soften slightly. Fold in whipped evaporated milk. Spoon top of crust; cover with plastic wrap. Chill until firm, at least 4 or up to 12 hours before serving. Makes 12 servings, about 165 calories each.

### COTTAGE CHEESE KUCHEN

*German-inspired with cottage cheese and raisins; faintly flavored with almond extract.*

#### Crust

- 1 cup all-purpose flour
- ¼ cup sugar
- ¼ teaspoon double-acting baking powder
- ¼ teaspoon salt
- ¼ cup butter or margarine
- 1 egg, beaten

#### Filling

- 2 cups small-curd cottage cheese
- ½ cup sugar
- 2 tablespoons flour
- ¼ teaspoon salt
- 2 eggs
- 2 tablespoons butter or margarine, melted
- 1 teaspoon vanilla extract
- ¼ teaspoon almond extract
- ¼ cup golden seedless raisins

#### Topping

- 1 cup sour cream
- 2 tablespoons sugar

**Crust:** Preheat oven to 425°F. In medium bowl combine dry ingredients



ix well. With pastry blender or two knives used scissor-  
 fusion, cut in butter or margarine until mixture resem-  
 les coarse crumbs. Add egg; stir until dough forms a ball.  
 Press dough into bottom and  $\frac{3}{4}$  way up sides of a 9-inch  
 square baking dish; set aside.

**Filling:** In large mixer bowl beat cottage cheese until  
 almost smooth. Add remaining ingredients except raisins;  
 beat until well blended. Pour into baking dish; sprinkle  
 with raisins. Bake 15 minutes. Reduce oven temperature  
 to 350 F. Bake 15 minutes longer.

Meanwhile, combine topping ingredients. Spread care-  
 fully over top of cake; bake 5 minutes longer. Cool on wire  
 rack. Cover and chill 3 to 4 hours before cutting. Makes 9  
 servings, about 340 calories per 9, 255 calories per  
 serving.

### ITALIAN CHEESECAKE

*Orange, rum and chocolate lend an Italian flavor to this  
 cottage-topped cheesecake.*

**Crust:**  
 3 tablespoons butter or margarine, softened  
 $\frac{1}{4}$  cup sugar  
 1 egg  
 1 tablespoon light rum  
 $\frac{1}{2}$  teaspoon vanilla extract  
 $1\frac{1}{2}$  cups all-purpose flour  
 1 teaspoon double-acting baking powder  
 $\frac{1}{4}$  teaspoon salt

**Filling:**  
 1 container (15 oz.) ricotta cheese  
 1 package (3 oz.) cream cheese, at room temperature  
 $\frac{1}{2}$  cup sugar  
 1 tablespoon light rum  
 $\frac{1}{2}$  teaspoon grated orange peel  
 Dash salt  
 3 egg whites  
 2 tablespoons semisweet mini chocolate chips  
 1 egg yolk  
 1 teaspoon water

**Crust:** In small mixer bowl combine butter or margarine,  
 sugar, egg, rum and vanilla. With mixer at medium speed  
 beat until mixture is smooth. Combine dry ingredients;  
 stir in until dough forms a ball. Wrap and chill at least 1  
 hour.

**Filling:** Preheat oven to 325°F. In large mixer bowl com-  
 bine all ingredients except chocolate chips. With mixer at  
 medium speed beat just until mixture is well blended. Stir  
 in chocolate chips; set aside.

On smooth surface roll out  $\frac{2}{3}$  of dough to an 11-inch  
 round. (Use flour only if necessary.) Trim edges. Transfer  
 to a 9-inch springform pan. Temporarily fasten dough  
 against side of pan by dotting pan with butter or mar-  
 garine. Pour in filling. Roll remaining dough to an 8-inch  
 round. Cut into 1-inch strips. Combine egg yolk and water;  
 brush over dough strips. Arrange strips over filling to form  
 lattice top. Fold bottom crust over to cover ends of strips;  
 brush with egg yolk. Bake  $1\frac{1}{2}$  hours. Cool completely on  
 wire rack. Serve at room temperature. Store leftovers in  
 refrigerator. Makes 8 to 10 servings, about 375 calories per  
 serving, 300 calories per 10.

**Editor's Note:** Our cream cheesecakes can be baked in an  
 8-inch springform pan, but you'll need to adjust the baking  
 directions. Bake instead in preheated 450°F. oven for 10  
 minutes; then reduce temperature to 250°F. and bake 55 to  
 60 minutes longer.

Even the non-amateur using the same recipe can't al-  
 ways count on a crack-free cheesecake. Although cracking  
 is unsightly, once dressed with a topping, your cake will  
 still look fine and the taste will be delicious. Some causes  
 of cracking are: drafty oven, oven too hot, "peeking" while  
 cake is baking, pan too small, not running spatula around  
 edge of pan immediately after baking, refrigerating while  
 still hot.

End



"So moist  
 they cling!"

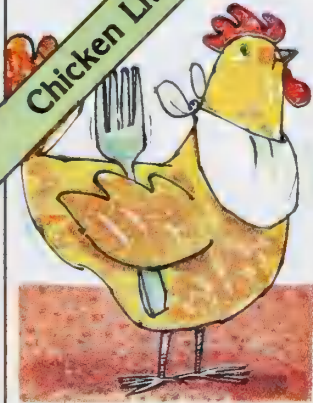
Moistness  
 and flavor  
 worth  
 clinging to.



# Super Quick Meals Easy as 1-2-3

Our delicious recipes for 4 will give you a wonderful reward: extra time!

## Chicken Livers



1

**Chicken Liver Spaghetti Sauce.** In large skillet cook 3 slices diced bacon until crisp.

**Chicken Livers in Sour Cream.** In large skillet sauté 1 cup sliced onions in 2 Tb. butter until tender.

**Curried Chicken Livers with Rice.** Cook 2 7- or 10-oz. packages rice with peas and mushrooms to package directions.

2

Add 1 lb. chicken livers and 1 chopped onion; sauté until onion is tender.

Add 1 lb. chicken livers and a pinch of pepper; sauté 8 to 10 minutes.

In large skillet melt 2 Tb. butter. Add 1 small chopped onion, 1½ tsp. curry powder. Sauté until tender.

3

Stir in 15½-oz. jar spaghetti sauce and a pinch red pepper; bring to a boil. Serve with 8 oz. spaghetti.

Add 1 chicken bouillon cube and ¼ cup water; dissolve. Stir in 1 cup sour cream. Serve over rice or noodles.

Add 1 lb. chicken livers; sauté 8 to 10 minutes. Stir in rice.

## Carrots



1

**Carrot Soup.** Peel and coarsely chop 1 lb. carrots. Combine with 2½ cups chicken broth, ¼ tsp. coriander, 1 tsp. sugar and a dash cloves.

**Nutty Carrots.** Peel and slice 1 lb. carrots into ½-inch rounds.

**Carrot Slaw.** Peel and shred 1 lb. carrots; finely chop 1 green onion. Combine in bowl.

2

Cook, covered, in medium saucepan until carrots are tender, about 10 to 15 minutes.

In medium saucepan cook in 1 inch water with 1 tsp. salt. Drain; remove. In same saucepan melt 2 Tb. butter.

Drain 8-oz. can pineapple slices, cut into chunks and add to carrots.

3

Purée in blender until smooth. Return to saucepan. Add 1 cup milk; stir and heat.

Add ½ cup chopped walnuts and ½-tsp. sugar. Sauté about 1 minute. Add carrots and toss to coat. Heat.

Add ¼ cup bottled buttermilk dressing. Toss and serve on lettuce leaves.

## Chocolate Pudding



1

**Candy Store Pudding.** Whip 1 cup heavy or whipping cream.

**Chocolate Crumb Parfaits.** Combine 2 Tb. melted butter, ½ cup graham cracker crumbs, 2 Tb. uncooked oats, 1 Tb. sugar.

**Mocha Rum Cake.** Slice angel food cake into 3 layers; sprinkle with 1 Tb. light rum.

2

Mix 1 package regular-sized instant chocolate pudding to package directions, with 1 cup milk.

Prepare 1 package regular-sized instant chocolate pudding to package directions.

Beat 1 cup milk, ½ cup heavy or whipping cream, 1 Tb. instant coffee, 1 package regular-sized instant chocolate pudding.

3

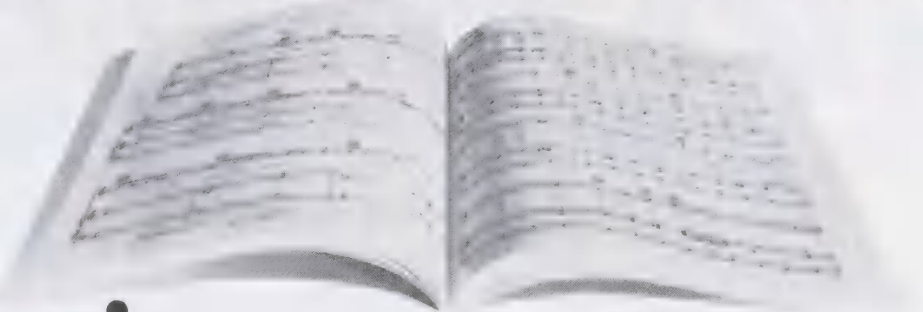
Fold in cream, ½ cup miniature marshmallows and ¼ cup chopped cocktail peanuts.

Layer pudding and crumbs in parfait glasses.

Spread cake layers with pudding mixture and stack. Chill. Save leftovers for snacks.



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# HOW AMERICA

## GOING BACK TO WORK

*Career Counseling Can Help*



Three million women will attempt to reenter the work force this year—and most will discover that finding the ideal job isn't an easy task. Fortunately, there are nonprofit services designed to help women pinpoint their talents and skills and locate suitable, satisfying positions.

After 14 years of being a wife and mother, as well as holding a variety of part-time jobs, Joan Brown of Churchville, Pa., wanted more challenging employment, but she felt discouraged. "I had no college degree and no direction," she says. At her husband's suggestion, Joan spent three months in a career counseling program at Creative Alternatives for Women, a nonprofit organization in Jenkintown, Pa. She now spends three days a week as a case worker in a retirement community and says, "I love my job. After two years, I'm still excited about it."

Joan's story was typical, according to Sandra Kahn, co-director of Project Re-Entry, a nonprofit group in Boston—and one of the pioneers in the field of career counseling. "The biggest problem that women have in reentering the job market is lack of confidence," she says. Ferne Kuhn, executive director of Creative Alternatives for Women, adds, "The common thread we have found among the women who come to us, whatever their social, marital or educational status, is that they need to rebuild their self-confidence. They are competent women but they don't always realize it."

Women's career services start by

convincing a woman that her years of managing a home and doing volunteer work have given her useful skills that can be adapted to a paying job. (Career counseling can also benefit women who are already working, but are unhappy with their current jobs.) Through group counseling, workshops, lectures and individual counseling, each woman identifies her particular skills and abilities, focuses her interests and learns to relate her skills to currently available jobs. She is then taught how to write a resume and to handle job interviews.

Some career counseling services (like Chart in Minneapolis and Womenspace in New York City) also offer internships—part-time jobs (paid and non-paid)—which help women adjust to the world of business and gain valuable job skills. Often, these internships lead to permanent job offers.

Carol Ellis of Wellesley, Mass., taught school until her children were born. She then spent ten years doing volunteer work, getting a master's degree and selling real estate. When she was divorced, she suddenly needed a regular, secure job, but she couldn't find one. "I went to Project Re-Entry because of their internships," she explains. "I knew if I could just get in somewhere, I could use my abilities." After working as an intern for a large corporation, Carol was offered a permanent position as an office services supervisor for the same company. "The job is tailor-made for me," she says. "It involves doing all of the things that I do well."

Fees for internship programs lasting three to nine months typically run from \$500 to \$1,000. Many services have scholarships available, and of course, a paid internship helps offset expenses. Nonprofit centers often offer career courses without internships, which cost considerably less. Courses are also given at community colleges, universities, Y.W.C.A. branches, women's centers and adult education centers at high schools.

If you decide to seek career counseling, look for courses that offer

comprehensive curricula including self-assessment, setting job goals, job-getting techniques and individual and/or group counseling. When dealing with private counseling services, look carefully at what is offered for the fee. Beware of programs that promise placement. Compare agencies before making a decision. Meet the person at the agency who will work with you. Talk to people who have used the agency. Study in detail any contract you are asked to sign and ask that any verbal promises made be put in writing.

For a free list of career resource centers, write to: National Network of Career Resource Centers, Catalyst, Box LHJ, 144 East 60th Street, New York, N.Y. 10022. This list includes private as well as nonprofit centers.

Send for the free *Job Fact Sheet List* by enclosing a self-addressed stamped envelope to the Council for Career Planning, Inc., Box LHJ, 31 Madison Avenue, New York, N.Y. 10017. This list of 210 job titles may suggest fields you have never considered. Each individual fact sheet listed can be ordered for 90 cents and provides a wealth of information about that occupation.

## REFLECTIONS ON MY GOLDEN WEDDING ANNIVERSARY

It may seem that everyone around you is getting divorced, but take heart. According to the U.S. Census Bureau, over 150,000 couples will celebrate their golden anniversaries in 1982, and we'd like to offer a Valentine's Day toast to all of them. Herewith, a tribute to the joys of matrimony from Elma Chickering, age 75, of Newbury Mass., whose own marriage has withstood the test of time.

The 1930's: Our first decade together was like that of most young couples working to keep the wolf from the door: welcoming new babies, fitting into the community, trying to avoid depression—both the personal and economic kind—and, in general,





struggling to make the American Dream come true. (I was too busy to think of my id.)

The 1940's: We did our patriotic duty, coped with rationing and worried about our children's futures in a war-torn, atom-bombed world. But the strife finally ended, so we picked up the pieces and started a new family era. (I was too busy to analyze my psyche.)

The 1950's: The war was over. Spy trials, guilt by association and the John Birch Society entered our vocabulary. But family life hummed with the first college days, and, later, a wedding and a grandchild. We tried to keep pace with all these stimuli. (I was too busy to wonder if I was "fulfilled.")

The 1960's: This was the decade of travel for us, with each of our four children working and living on a different continent. Notwithstanding assassinations, a new youth culture complete with long hair, noisy music and scruffy clothes, and some concern with our nation's declining global role, we enjoyed our blossoming family. (I was too busy to go west in search of est.)

The 1970's: This was the retirement decade with all the trauma and adjustment that implies. How to maintain our health? Should we migrate? Could we remain independent? Was it enough to take a brisk walk, play Scrabble, watch TV or share a sunset? (I didn't notice whether we had a "meaningful relationship" or not.)

The 1980's: Now comes the decade of our dotage, willy-nilly. Maybe I'll have time to take stock, feel my pulse, contemplate my navel, look at my spouse through appraising eyes or weigh the value of life—my life, that is. So far, it has been a good one, in spite of the inevitable vicissitudes to which the flesh is heir.

One wit said: "Marriage is a wonderful institution, but who wants to live in an institution?" Well, obviously many of us do—and have and are and will continue to do so.

As another nameless philosopher put it: "Your life can be wonderful because in the last analysis, 'Life depends on the liver.'" (But, I might add, a couple of other vital organs help as well!)

## COMMUNITY ACTION: For a Neighborhood Playground



"Our kids played in the streets because there was nowhere else to go." That's how Nora Barkey described her east Detroit neighborhood a year ago. Then she went to a neighborhood meeting and met Wendy Watson, another concerned citizen. Together, these two resourceful women masterminded a plan to give the neighborhood children a safe, fun place to play.

Nora Barkey is active in her neighborhood association and chairs its planning committee. "This is a changing neighborhood," she explains. "It used to be filled with long-time older residents. Now, younger, less affluent families are moving in."

One new neighbor is the Northeast Guidance Center, a community mental health facility. Wendy Watson is an art therapist at the Center, working with children who have learning disabilities and emotional problems. She had begun to sketch plans for a new playground at the Center when she and Nora Barkey met.

While Wendy started to work with a playground architect, Nora applied for a \$30,000 city grant for the neighborhood association. The Center made plans to raise matching funds for the joint venture. But Nora's grant application was turned down, and the architect's estimate came in at a whopping \$140,000.

Determined to be successful, Wendy and Nora devised another plan. They scaled down their original ideas and decided they could build the playground using neighborhood volunteers, donated materials and

only \$5,000 in cash. Wendy put together a fund-raising package which explained the need for the playground and described exactly what would be built. Donations from a number of sources—including two local foundations, two banks and a few corporations—helped them meet their \$5,000 goal.

Meanwhile, Nora sent out flyers and newsletters in the neighborhood, asking for volunteers. She and Wendy went to block association meetings, with sign-up sheets. When they had enough volunteers, they set the construction date: the weekend of June 27-28, 1981.

On that hot Saturday morning, over 100 men, women and children arrived to work. Wendy had hired a carpenter to design the structures and supervise the work. A private contractor volunteered men and equipment to remove the asphalt from the site, a former parking lot owned by the Center. Unskilled volunteers raked rocks, cleared away asphalt chips and carted debris in wheelbarrows. Others began digging a sandbox and sinking tires into the ground. Weekend carpenters wielded hammers and saws, while more skilled workers used chain saws and other heavy tools. Older neighbors brought potato salad and hot dogs that had been donated by local stores. At noon, everybody sat down for a huge picnic.

By late Sunday, a quarter-acre playground had emerged from the rubble. There were platforms, tire swings, hand-over-hand hanging bars, ladders and climbing forms made from tires. After the playground was completed, the city found \$6,000 for the project. "I guess it's sort of a reward for doing it," Nora laughs, "but we need the money for a slide, more swings and some trees."

On weekdays, children at the Center use the playground until 2:30 P.M. At all other times it is open to neighborhood children. "It's always full of playing, laughing children," Nora reports. "People in the neighborhood can see what they achieved. It was a nice opportunity for the members of the community—both young and old—to work together."





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## BASIC SKIN CARE

continued from page 88

breasts. The irritation in the folds under the breast comes from perspiration, not from bra friction. The infection thrives in a warm, moist environment, showing up in red, itchy patches. Dr. Maureen Poh, associate attending dermatologist at New York City's Columbia Presbyterian Medical Center, recommends keeping the area dry with powder, wearing cotton (more absorbent) bras rather than synthetics and treating the infection with topical medication. Also found in the breast's fold, especially in women over 50, are warts or wartlike growths called *keratoses*. They should be removed only by a dermatologist.

■ *Jogger's nipple* is a rather recent phenomenon, afflicting women runners. It's an abrasion caused by the rubbing of a garment against the sensitive nipple. To prevent, wear a supportive or sports bra.

■ *Hair growth* around the areola (the darker skin surrounding the nipple) and in the cleavage is very common. Certain ethnic groups have more hair

than others. A modest amount is normal for all (starting at puberty). According to Dr. Peter Bela Fodor, assistant director of reconstructive surgery at New York City's St. Luke's-Roosevelt Hospital, an excess of hair (more than 15–20 hairs) on each nipple or between the breasts may be the result of a hormonal imbalance and should be checked out by a doctor.

If breast hair bothers you, it can be safely removed by tweezing, shaving, snipping, gentle depilatories or, more permanently, by electrolysis. With a few random hairs, tweezing is easiest, but occasionally, ingrown hairs will result. You can try shaving a larger area, but a stubble will show up in a few days. Contrary to popular opinion, says Dr. Jerome L. Shupack, associate professor of clinical dermatology at New York University Medical Center, "Shaving does not lead to coarser hair; hair becomes coarser with age." If breast hair is fine but dark, you can solve the problem by using a mild bleaching cream to lighten the hair.

A depilatory—when smoothed on skin—causes hair to disintegrate; in subsequent regrowth, hair tends to be

softer than when shaved. Some products can be irritating; look for "facial" depilatories, but do a patch test first.

Electrolysis is the most permanent way to remove hair, although you can anticipate a minimal amount of regrowth, requiring follow-up visits. Although the nipple area is sensitive, many women find electrolysis on the breasts less uncomfortable than on the lip or other facial areas, notes Donna Maketansky, a nurse and electrologist. During treatment, you can expect to feel a slight sensation of heat, followed by redness for a half hour.

● *Acne* on the breast itself is fairly uncommon because of the relative absence of sebaceous glands, according to Dr. Diane Tanenbaum, attending dermatologist at New York City's Lenox Hill Hospital and New York University Medical Center. Treat an occasional pimple with over-the-counter astringent or benzoyl peroxide lotion. More common are eruptions in the mid-chest area. A shiny yellow bump may be a sebaceous cyst (obstruction of an oil gland). If ignored, it can become infected and cause scarring—see a dermatologist.

—LYS MARGOLD

## THE FRENCH WAY

continued from page 89

pinches. After the massage my breasts were pink, smooth and satiny. I had to agree with Dominique that the treatment was "not too disagreeable."

While it's been a popular belief in this country that there's not much you can do to improve your breasts, the French perception has always been heartily *au contraire*. After my treatment, I had an hour's consultation with Madame Pietralonga, a registered nurse and *directrice* of Clarins Paris Institut, who explained to me quite convincingly the whys and wherefores of French breast care. "You can have terrible, droopy breasts at twenty, or marvelous breasts at fifty or sixty, depending on the kind of care you give them," she began. "Basically, effective breast care comes down to two major considerations: one, maintaining the muscles which fan out from neck to chest and from which the breasts are suspended; and two, keeping the adipose tissue—the layer of fatty matter which couches the mammary gland and gives the breast its volume—as firm as possible."

The salon breast massage was designed to stimulate and tone the muscles and skin of the "natural bra," as well as to increase circulation in the adipose tissue.

Madame Pietralonga continued that even more essential than salon treatments is long-term at-home care. "For example," she said, "I advise a cold-water shower for your breasts after

your normal bath or shower. Yes, it's hard to get used to, but we can assure you that the beneficial effects of cold water on the adipose tissue—tightening and toning it—are worth it." (At this point my mind flashed back to the image of a magnificent 64-year-old Parisian grandmother with the body of a teenager, whom I had met several weeks earlier. When I asked her what she did to maintain her incredible figure, she confided two things: no sugar, ever, and a daily early morning bath in icy water. She was obviously doing something right.)

Among Madame Pietralonga's other recommendations for at-home breast care:

● Your bra must be perfectly fitted, supple and stretchy, with the whole breast encompassed and supported. It should not be so low-cut that it presses into delicate breast tissue, and it should not leave any marks on the shoulders.

● Avoid hot baths. Just as cold water contracts and firms, hot water distends the tissues and causes sagging. Take short, tepid (body temperature) baths.

● Use a natural-textured "friction mitt" in bath or shower to stimulate all-over circulation.

● After bathing and every night before retiring, apply a rich moisturizer to breasts in circular, inside-to-outside motions.

Home-care guidelines and salon treatments are not the limit of French breast care. They also use scores of treatment products, some of which are now available in the U.S.

It became clear to me in the course of my research that, for all our emphasis on exercise and proper diet, French women are more appearance conscious than we Americans are. Less inhibited by body taboos, they tend their bodies like works of art to keep them as free as possible from signs of aging. If they believe a treatment or product can do them good, they try it. And if they make themselves feel superb in the process, so much the better.—LINDA DANNENBERG

Linda Dannenberg, the author of *The Paris Way of Beauty* (Simon and Schuster, 1979), is a freelance writer based in New York City.

~~~~~

## SNOW-EDGED VALENTINE

By Edith Grames Schay

*Light snow, a sudden cloud of down,*

*Blots out the city's granite frown.*

*The snowflakes on my lips, like this,*

*Evoke your kiss.*

*Let others grumble, they are old.*

*For me, small secret dreams unfold:*

*For me, rose-colored neon signs*

*Flash valentines.*

*I own the day, I own the street.*

*This corner where we always meet.*

*When I see, through the snowflakes' lace,*

*Your smiling face!*

~~~~~



## "MY KIDS ARE SICK"

continued from page 43

be administered intravenously in the initial phase of this illness to reduce the possibility of fatality.

**Pneumonia.** Both viral and bacterial pneumonia are frequently the result of upper respiratory infections. The infection spreads from the nose, throat and windpipe down into the lung tissue. The onset of pneumonia, particularly in infants and toddlers, is often insidious. Initially, it is like any mild upper respiratory infection. Instead of improving on the second or third day, however, continued fever, cough, grunting respiration, weakness, listlessness and lack of interest in surroundings continue. Examination of the child's chest with a stethoscope reveals abnormal breathing sounds in one or more areas of the lungs.

Antibiotic treatment is usually effective in treating bacterial pneumonia but hospitalization and oxygen therapy may be necessary. Any infant or child with cough, fever, lethargy and weakness who fails to improve in two to three days should be examined thoroughly to determine whether pneumonia is present. A delay in diagnosis and treatment may prolong the illness.

**Bacterial Meningitis.** A rare but extremely serious infection in infancy and childhood is bacterial meningitis, a bacterial infection of the covering of the brain. During the initial phases of meningitis, severe headaches, sleepiness and irritability may be the only symptoms. Within a few hours, vomiting may begin and the child may withdraw from any contact, becoming lethargic and resenting being bothered. Pain in the back of the head upon flexing the neck is also an early sign of meningitis. Early recognition and tests of blood and spinal fluid can determine the diagnosis. The earlier antibiotic treatment is started, the greater the chance for complete recovery. Hospitalization is imperative.

**Reyes' syndrome**—characterized by pernicious vomiting, lethargy and excessive sleepiness—is a particularly dangerous though rare complication of viral infections. A child may appear to be recovering from flu or chickenpox when he suddenly becomes extremely lethargic and disinterested in his surroundings. Hospitalization and treatment are imperative. If untreated, Reyes' syndrome can be fatal. **End**

*Dr. Wessel is a clinical professor of pediatrics at Yale University School of Medicine.*

## FEBRUARY ROSES

continued from page 101

needed to be a why. Standing in line at the checkout, she looked at her distorted image in the overhead security mirror and made a face at it. Why, though? I'm meant, now, to take stock of myself, aren't I? Where am I failing? Have I let myself go, lost interest, begun to take him for granted?

The line moved on. She could no longer see her dwarfish reflection leering down from the ceiling. I don't look bad, she told herself cautiously. In an ordinary mirror I don't look all that bad. Maybe I look my age, but what's so wrong with that? *He* does, after all . . . Everyone in the world has been 49, or will be, if they live that long. It isn't anything you can do anything about, is it? I'm not going to tint my hair or experiment with makeup or buy a new and flattering dress just because . . . Anyway, so obvious, he'd just think it pathetic, I'm sure.

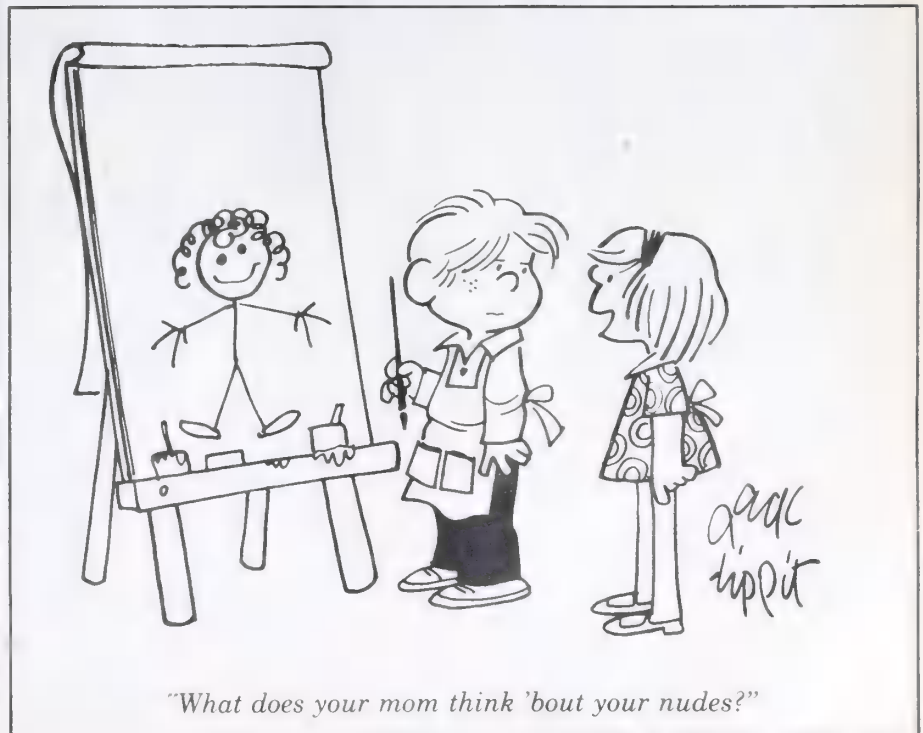
She was in the street again, her shopping finished, and as she walked back to the parked car she reviewed her list, the other, unwritten one. Interest? Well, we still talk to each other. Quite a lot, actually. Don't laugh. Lots of people don't, not really.

It's true I am not madly curious about the technicalities of the dental profession. Should I be? Oh, Donald, tell me again how you drilled that back molar . . . She couldn't help smiling at that. I don't believe, she thought, that she, whoever she is, says things like that to him. No. He has enough of teeth during the day. And I don't burden him with schoolroom chitchat, either. We just talk, about

books and gardening and politics and, oh, I don't know. Everything. And argue, too; I mean, we don't spend our time just agreeing with each other. I think you could say we have conversations. . . . And on weekends if it's fine, and sometimes even if it's not, we walk. Taking sandwiches and a large-scale map. After all these years we're doing what we always said we would, exploring our local countryside. And it's fun. I think it is anyway. So does he. I suppose he does . . .

So what's left? Bed? Some people would've thought of that first. Oh, dear. Should I have? Is that where I'm failing? Yes, but . . . I can't really believe that, either. It seems all right, she told herself, wondering, I mean, more than all right. More than just a habit, anyway. No, damn it, it's good. Very good. What does he want then, black lace panties, peephole bras? I'd feel such an idiot . . . I think he'd laugh. I think. Maybe not. But all the same . . . Of course, if it's a young body he wants, well, I do my best, but there are certain inescapable facts, and growing old, my dear, is one of them.

Having no more children is another, she thought. We're the parents now of two adults who no longer need us. It's just the two of us now. That's a great change, as great as the one that turned us from a couple into a family. We're middle-aged and our friends are middle-aged and there aren't young people in the house anymore. I know the children come back from time to time, but it's not the same. They've embarked on their own lives, and we're left behind on the shore, waving handkerchiefs. I see children all day long, of course, but I do (continued)







## Rice. The frugal feast.

Cooking on a budget is easier when you cook with rice. Because, by itself, rice costs around 4¢ a serving and it takes only about 20 minutes to cook when you follow the directions on the package. To make your meal more interesting, complement the flavor of your entrée, and add texture and color to your plate, serve rice on the side instead of potatoes. Just mix in a few simple ingredients and you've got an exciting, great tasting rice dish like this one:

### Almond Mushroom Rice

½ cup sliced almonds  
2 tablespoons butter or  
margarine

1 can (4 oz.) sliced mushrooms,  
drained  
3 cups cooked rice  
Salt and pepper to taste

In a large skillet, sauté almonds in butter until golden. Stir in remaining ingredients. Heat through. Makes 6 servings.

**Rice.** It's easy to make and easy on your budget. So serve it often. You'll find when you go with the grain, rice can make things go a lot easier for you.



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For more great recipe ideas, send a self-addressed stamped envelope to:

## FEBRUARY ROSES

*continued*

miss ours. I don't mean I would've wanted them not to leave home, but I miss them. I miss that stage of my life, perhaps more than I miss either of them individually. I haven't yet got used to not being responsible for them. . . .

Damn, she thought angrily. What am I doing, growing maudlin about two successful, well-adjusted people? As if it wasn't bad enough that Donald buys roses . . . I wonder, does he, too, feel a loss, a lack?

She reached the car and put her shopping bags in it, and then she turned and marched back to High Street and bought a bottle of wine. I need cheering up, she told herself. Most definitely. And at the butcher's next door she bought a large, red piece of steak, which, to her, still stood for luxury and celebration, although in fact, she supposed, they could now afford to eat steak every night of the week if they chose, but the pattern of years remains long after the mold that formed it has been broken.

**A**t home, she quickly peeled potatoes, mixed a salad, seasoned the steak to be ready for the grill and poured herself a glass of wine. Cheers, she told herself. Mud in your eye.

Shall I become a secret drinker, she mused, holding the glass against the light and watching the dull blood-red goblet turn to a glowing jewel. Drown my sorrows? And then her heart lurched and her breath caught painfully in the back of her throat at the sound of Donald's key in the door. I don't want him to suspect I have any idea, she thought. Her pulse drummed in her ears. Let's save scenes till they become necessary. If they ever do. She sipped her wine, and Donald walked in with his hands full of roses, dark red drops of heart's blood against the white wrappings. . . .

For a moment she thought her eyes were playing tricks on her. Those damned roses pursuing her, even here. . . . She smiled incredulously as Donald placed the tightly swaddled bouquet on the table in front of her. She put out her hand to touch one of the flowers. Real roses. No doubt about it. "Roses?" she asked.

"Thought you might like them. What's this, then?" He turned the bottle to read the label. "A cut above the usual. Are we celebrating?"

"No," she said. Those ridiculous roses . . . She looked more closely at them. Those weren't bought yesterday, she thought. Straight from the shop, those are. What on earth made him buy a second bunch? One for the mistress, one for the wife . . . (continued)



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# Hooray, Hash Browns



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## FEBRUARY ROSES *continued*

She felt that in a moment she'd burst out with something, laughter or tears, she wasn't sure.

She poured wine for him. "But it's so funny," she said. "You must admit, it's really funny. You buying roses, me buying wine. On the same day. They're even the same color, look. Are we communicating subconsciously?"

"I'm sure we often do," he said seriously. "But in this case, by rights you'd be a day late."

"What do you mean?"

"Oh, well," he said, "I wasn't going to tell you this . . ." He looked so embarrassed, so guilty, that she wanted to scream, "No, no, don't tell me, don't tell me anything," but already he was continuing, "I bought some roses yesterday, actually."

"Yesterday?" She couldn't help saying, "Not these. They're too fresh."

"Not these, of course," he agreed, impatiently. "Some others. I just happened to see them, and I thought, 'My word, that's unusual. Roses in February.' Where do they get them from this time of year, do you suppose?"

"Greenhouses." It was her turn now to be impatient. "Abroad somewhere. I don't know."

"I don't ever remember seeing roses

this time of year . . . Anyway. I thought, 'I bet Judith'll like those.'"

"Me?" she almost said, but didn't.

"And then, when I was getting into the car, I shut the door on them."

"You did what?"

"I shut the car door on them."

"Oh, no!" Relief forced laughter out of her. "However did you manage to do that?"

"I don't know."

"They were ruined?"

"Well, of course." His look of grievance turned slowly to amusement. "Decapitated," he said, enjoying the word.

"Every one?"

"Every last one."

"Oh, dear." She could hardly speak for laughing.

"All two dozen of them, lying on the ground."

"Like drops of blood."

"Well, if you want to be poetic. Messy, anyway. So I threw the stalks into a trash can."

"Not much use without their heads."

"Not the sort of thing you could give a person, no. Though they do say it's the thought that counts." They looked at one another and laughed. "It isn't," he said, "actually *this* funny, you know."

"Ow, it *hurts*," she gasped. "No, it isn't."

"'Off with their heads'—that was the Red Queen, wasn't it?"

"Please, stop . . ." Slowly, the laughter subsided.

"Anyway . . ." He drank some wine.

"Mmm, this is good, isn't it?"

"I have good taste."

"Oh, yes. Look who you married."

"Bighead. Anyway?"

"Oh, yes, this evening I was going past the shop again, and I thought 'Damn it, I *will* take her some roses. I'm not going to let myself be beaten.'"

"And you were very careful with the car door."

"I treated those roses as tenderly as if they were newborn babies. They were the last in the shop, you know. You're really very lucky."

"I know I am." She began to arrange the roses in a vase. Now that they were hers and always had been, she found herself warming to the silly, scentless things. "February roses," she said, and then, suddenly, "I bet you don't know the date."

"Of course I do." He glanced at his wrist.

"Looking at your watch is cheating."

"You didn't say I couldn't—it's the fourteenth."

"Of February."

"Well, of course, February."

"Well?"

"Well, what?"



"February the fourteenth. St. Valentine's Day, stupid. No wonder those were the last in the shop."

"Valentine's Day, is it? I suppose it is."

"Of course," Judith added, "with our daughter gone we'd hardly notice it. Remember two years ago?"

"When he didn't send her one?"

"Yes, and she went around in a nasty temper all day and called him in the evening to complain."

"So nervy. She ought not to have expected it. After all, I never sent you a valentine, ever."

"No, you never did."

"Well . . . it doesn't really seem necessary, does it? I don't suppose he sends her one now they're married."

"Wouldn't be too sure. She probably reminds him."

"Where's the romance in that?" asked Donald, scornfully.

No, it may be an accident I brought these roses today, but all the same . . ."

"All the same, I do appreciate them. Happy Valentine's Day."

"And to you."

"You're lovely," she said.

"They are rather nice, aren't they?"

"You, I said."

"Me?" He considered this. "Yes, I suppose I am, really."

"And brave."

"Brave?" He was puzzled. "How do you figure that?"

"Buying flowers two days running. You'll have the girls in the shop thinking you've got a secret romance."

"I said they were for you. In any case," he went on, "I'm not a total idiot. If I was having a secret affair I'd take damn good care to keep it secret."

"And, of course, you're not," she said lightly.

"And, of course," he agreed, "I'm not."

Somewhere, in his words or in the spaces between them, he caught the unmistakable dull ring of false coin. He was. Or had been. And almost (but not quite) wanted her to know.

Oh, no, she thought, I've been through this once already today. Not again, it's too boring. But it explained the roses. A peace offering; a guilt offering.

"Judith," he said.

Don't tell me anything you don't have to, she willed him in her mind. I can do without knowing.

Aloud she said, "Let's eat, shall we, I'm hungry," and she switched the grill on and made a great show of being occupied. It's all right, really, she told herself. He comes home; we talk and make jokes . . . It is all right. Maybe he's imagining it; he isn't any different. Except for the roses. Well, I'm not going to ask questions or search for evidence. I'm not going to be any different, either. Not if I can help it.

"Is anything the matter?" he asked.

"No," she said.

"You seem," he said, "I don't know . . . When I came in I thought you looked a bit depressed . . ."

Probing, was he, alert for the moment when he hit the nerve?

"Is there anything . . . ?"

"Valentine's Day or not," she said, "February is a really awful month, isn't it?"

"Doesn't last long, that's one thing." He might have been talking about something else.

"No," she said, "no, I suppose it doesn't." And so might he. "Did you," she continued brightly, "drill any good olars today, darling?"

"Must you talk about teeth?"

"Not if you don't want me to."

"You ought to know by now."

"Yes," she said. "Well, I do, really." She smiled at him and poured more wine. "Thank you for the roses," she said. anyway."

End

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# kitchens

By Joan Tully, Home Editor.



## **For serious cooks**

Love to cook? So does the contented owner of this highly functional kitchen. Features she prizes include: restaurant appliances (more and more home cooks are investing in them), extensive open shelving.



## **A family haven**

The whole family likes to gather in this light, bright, yet country-cozy kitchen. Its center island works especially well with small children, giving them a comfortable place to snack, do homework, even help cook.



## **Crowd-pleaser**

For anyone who entertains a lot, a super-efficient kitchen with all the latest conveniences is the ultimate dream. This easy-care kitchen, designed for more than one cook, fills the bill.

# women love

Great kitchens designed for different lifestyles,  
plus a special 6-page section filled with wonderful new ideas for your home.

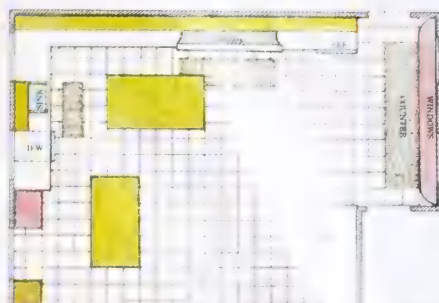


# kitchen for a cook

Yards of open shelving, a restaurant range make this kitchen a cook's paradise.

**T**he biggest luxury for a serious cook is a wealth of space. Plenty of elbowroom to work in; plenty of nooks and crannies to keep everything at hand. Rosalie Harrington, owner of Rosalie's restaurant in Marblehead, Mass., designed this free-flowing area for family living as well as for her newly founded cooking school.

*Top:* Rosalie invested in commercial appliances, a magnificent 12-burner range ("it lasts a lifetime") and a glass-fronted refrigerator. She opted for open storage, even near the stove. "I figured I could install more costly cabinets later on if everything became greasy, but so far, with routine cleanup, it simply hasn't happened." *Center:* Much of the furniture, such as the worktable here, was acquired secondhand, a great cost-cutting idea for anyone remodeling a kitchen. The dining table, too, was recycled; it's a "find" (\$50) from a nearby schoolhouse, now topped by a butcherblock (\$100). *Below, left:* The countertops are marble, making dough-rolling possible even on warmest days. Rosalie found a bounty of marble from a defunct post office, but even one slab is a good addition to any cook's kitchen. *Right:* In a restful corner, Rosalie (in dress) confers with niece/assistant Stacy Smith.

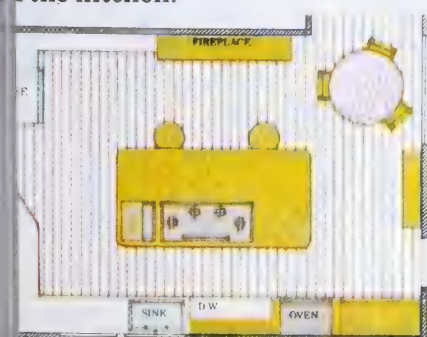




# kitchen for kids

More than just for cooking, this kitchen is the heart of the home, a welcoming place for the family.

Since kids love to linger around the kitchen, why fight it? Keeping this premise in mind, Carol Atkinson set to work, turning the dark and isolated kitchen of her newly purchased New Jersey home into a warm and friendly space. First steps: stripping off faded orange wallpaper, tearing out a cramped pantry, pressuring her contractor to tear down a solid wall and install a sliding glass door. Next, Carol put in comfortable places for the family to relax: a round table for eating by the fireside, high stools at the counter island. *Top:* The newly designed kitchen, charming and light, with dotted white wallpaper, French country fabrics. *Center:* The central island is the real focus of this kitchen. Working at its cooktop, Carol can be preparing dinner while chatting with her two sons, Trevor and Shawn. The countertop, looking like butcherblock, is a sturdier (more practical for kids) laminate. *Below, left:* Tucked away from the mainstream is another one of Carol's necessities: a built-in desk with a phone. It's a good idea for any homemaker for making shopping lists, coordinating family schedules. *Right:* Everyone's dream—a wood-burning fireplace in the kitchen!





# kitchen for a hostess

Designed for someone who loves to entertain—full of clever and fun ideas.

If you thrive on being the "hostess-with-the-mostest," as Jeannine Duchaine does, working in a badly planned kitchen is difficult. "Every time you wanted to get an ice cube, everyone had to move," she explained. To solve this problem, Jeannine turned to a professional kitchen designer who, with minimal structural changes, gave the Duchaine family a wonderful place to cook and play. One request—enough working space so mother and daughters can be busy at the same time. This was accomplished by putting in doubles: two sinks and two ovens. *Top:* Jeannine gets ready to turn on the griddle in the tiled "peninsula." Behind her, a wall appliance offers both microwave and conventional ovens. *Center:* Two ingenious answers to every hostess's needs . . . a second tile-top counter has a heating surface that keeps foods warm . . . and on the sink side, an under-counter cabinet rolls out when more working surface is needed. *Below, counterclockwise:* New ideas for any kitchen—more clever than costly. • Sink has instant hot water faucet; one shallow section, one deep. • Bar features a wine rack, built-in blender and, for whimsy, a café awning. • Closet turned pantry has shelves that spin for easy viewing.





# LHJ guide to kitchen fix-ups

Three of the most common kitchen problems are insufficient storage, inadequate counter space and poor lighting. The good news is that with a little imagination and minimum expertise and not too much money, you can make improvements in these areas yourself. Here, a collection of guidelines and tips to get you started.

By Margaret Danbrot

## Kitchen trends

**W**hat do newly built or renovated kitchens look like these days? The American Institute of Kitchen Dealers polled its members last year and came up with these trends . . .

- **Contemporary**—in look (open, airy) and color (natural wood tones, almond beige).
- **Smooth**—plastic laminate the preferred countertop material in 79% of projects, except in California where ceramic tile is most popular.
- **Doubleup**—more and more wives and husbands are cooking (32%) and more couples

entertain in the kitchen (53%).

- **More ovens**—in addition to conventional ovens, women want microwave (47%) and convection (14%) often built in as a combination unit.

- **Efficient**—40% of all remodelers want a desk area.

- **Spacious**—65% of all renovations include adding an eating area; 23% removing a wall.

- **Do-it-yourself**—when asked, kitchen dealers say they most often encourage homeowners to save money by installing both their own floor and wall coverings, and removing old cabinets themselves.

## Too little counter space?

**a** ample counter space is so important that a lack of it is often the main reason for deciding to remodel. Granted, remodeling is one way to solve the problem, but there are other no-cost or low-cost options for adding precious inches.

First, make sure you're not unwittingly wasting existing space. Run a surprise check on yourself: Look at your countertops. Do you see a lineup of small appliances, cookbooks, canisters, cereal boxes, sugar bowl, salt and pepper, plants, pad and pencil? If so, you can help yourself to a "new" space by simply making a clean sweep. Find permanent storage for the jumble of objects and resolve not to let creeping clutter take over again.

Even a dish drainer doesn't have to hog valuable space. Get the wire kind that hangs from the wall over the sink. The sink itself is "dead" space except when you actually need running water. To convert it to a work area, get a portable cutting board that fits snugly over the sink opening.

Admittedly, if you're stuck with postage-stamp-size counter space, clearing it will help only so much. To add more space:

Bring in a pushcart—work space

on wheels made especially to help solve kitchen space problems. Deluxe models combine storage underneath with a chopping block surface and pot rack above. Scaled-down versions provide work surface only, but may be more practical for a small kitchen. These can be rolled out of the way when not in use.

Adding stationary counter space is a more ambitious approach. Take a look around your kitchen. Are there any empty corners or odd-size gaps between appliances, walls or cabinets? You can buy a base cabinet and fit it with a top to match existing counters. Or you can build a cabinet or table to fill the vacant spot.

Installing a peninsula or center island is an ideal solution if your budget and kitchen size can accommodate it. Don't consider this option if there is less than four feet of space between opposite kitchen walls. Building an island is not a handyman project unless you are an accomplished do-it-yourselfer.

**Counter toppings.** Almost any table, cabinet or chest can be transformed into a kitchen work surface when topped with the right material. Counters take many hard knocks—heat, moisture, stains, sharp knives—so their surfaces must be

rugged. When choosing countertop material, remember all your kitchen counters don't need to match. In fact, the trend is now toward different materials for different purposes. Here are some of the choices:

**Laminated plastic** is the most popular of all countertop materials and a good all-purpose choice. It comes in a wide range of colors and designs, is easy to care for, long-wearing and not affected by moisture. But if you want a cutting surface or place to rest hot utensils, don't choose this surface.

**Ceramic tile** is available in striking patterns and solid colors. Easy to install, durable and heat resistant, tile is a natural for next to the stove. One drawback: china and glass chip easily if banged against tile.

**Marble** has characteristics similar to tile, but requires more care because it stains fairly easily and food acids dull the surface.

**"Plastic marble"** is a solid plastic with the look of marble which can be sawed, sanded and shaped like wood. It resists heat and stains well.

**Laminated hardwood** is everyone's favorite chopping, cutting and slicing surface. It's easy to install and easy to care for; light sanding will remove stains. Too much moisture can damage it, as can a hot pan on top.



# let there be light

A few quick changes can make this the easiest fix-up.

**S**how us a dull, drab kitchen and we'll show you a kitchen that's starved for light. It's difficult and depressing to work in. But just a few quick changes can make all the difference, and brightening up with better lighting is the easiest kitchen fix-up trick of all.

Lighting designers speak of two different kinds of illumination—general lighting and task lighting—and you'll need plenty of both if your kitchen is to be well lit. General lighting, which suffuses the entire room, usually comes from an overhead light fixture. But when one fixture is the only light source, you often end up working in your own shadow. Task lighting—so-called because it is used to illuminate individual work areas—comes to the rescue. In the best kitchens, light is focused on the sink, stove, countertops, and other areas where close work is done.

General lighting is easiest to improve. Sometimes changing to a higher-watt bulb or fluorescent is all that's required. If you eat in the kitchen and prefer softer light for dining, you can install a dimmer and adjust illumination at mealtime.

Fluorescents—now available in more flattering “warm white deluxe”—are a good choice because they beam out twice as much light per watt, use about half the electricity and last at least five times as long as regular household bulbs. And you don't have to re-wire to install them. The new circular fluorescents screw into ordinary sockets in lamps and ceiling outlets. The newest “sticks” come with cord and plug so

no fixture is required. A series of sticks along the perimeter of the ceiling can provide a uniform wash of diffused light on both walls and work surfaces.

Fluorescent sticks are perfect for task lighting, too. Good locations for these brighteners: at the sink (a must, even if the area gets natural light from a window); under wall cabinets to illuminate countertops below; over the stove (unless adequate lighting is built into stove or ventilating hood); in separate cleaning closet or pantry. Position the lights carefully so there is no direct glare in your eyes.

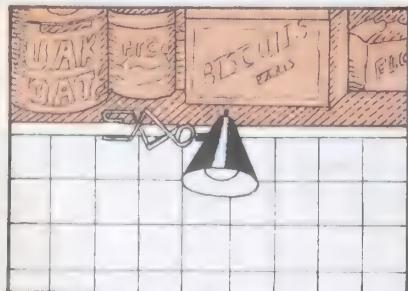
Portable spots and shaded clip-on lights also make nifty task lighters and can be focused exactly where you require the greatest illumination.

## What's watt

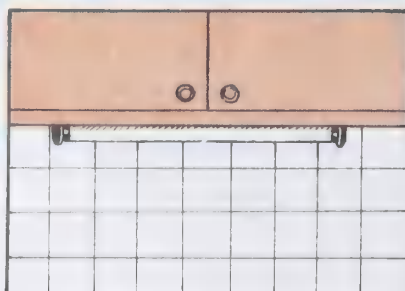
Use this handy guide to figure approximate wattage requirements in your kitchen. Figures are given for both incandescent and fluorescent fixtures.

General Lighting	Incandescent	Fluorescent
Small kitchen (less than 75 sq. ft.)	150 watts	or 60 watts
Average kitchen (75 to 120 sq. ft.)	150-200 watts	or 60-80 watts
Large kitchen (more than 120 sq. ft.)	Two or more fixtures providing a total of 2 watts per sq. ft. of room area (240 watts or more total)	or Two or more fixtures providing total of ¼ to 1 watt per sq. ft. of room area (90-120 watts or more total)
Task Lighting	150-200 watts total at each location	60-80 watts total at each location

## Bright lights for many tasks



Clip-on light fixtures are best positioned over the sink or stove.



Fluorescent fixtures are easy to install underneath wall cabinets.



Track lights on ceiling are flexible for task or general lighting.



# kitchen savvy

The secret is to keep what you need close at hand.

Not enough room to store all your kitchen paraphernalia? Maybe there's just too much of it. Sort through the clutter with an eye to figuring out what you actually need to store in the kitchen. First, put yourself in a ruthless frame of mind, roll up your sleeves and empty every single cabinet, shelf and drawer. Group equipment, utensils, etc., into three piles according to how often you use them: everyday stuff,

## Neat tricks

Don't make the mistake of stocking your shelves and drawers haphazardly. You'll just end up wasting precious time searching for that sifter you put away *somewhere*. If you organize your kitchen according to the rules below, you'll be able to zero in instantly on anything you need.

Give prime stow-away space to equipment and utensils you use every day. Place these items in drawers or on shelves that require little bending or stretching to reach. (Knee-high to about eye-level is prime storage range.) Relegate the items you use least to the back of highest or lowest shelves.

Keep things as near as possible to where they're used. Store pots, pans, spatulas, tongs, etc. near the stove. Detergents and other cleaning equipment go under the sink. Split up your collection of glassware, keeping juice glasses at the breakfast counter, tumblers and wine glasses with the everyday dishes. Store cocktail glasses with bar supplies. Consider storing everyday dishes on open shelves near the table. Flatware can go in a shallow basket on one shelf.

Group like with like. Segregate tuna and salmon from pears and plums on the canned goods shelf. Nest frying pans and skillets near to, but separate from, saucepans. Keep knives in a special holder.

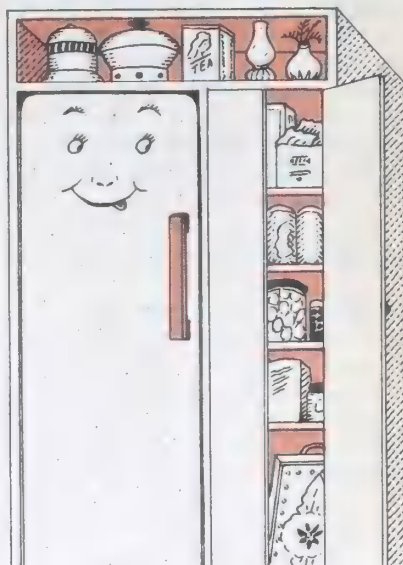
■ *The open shelf option.* Almost any blank wall area can easily be outfitted for storage by installing wood shelving, painted or stained to harmonize with your kitchen colors. Don't overlook the possibilities presented by odd-shaped or out-of-the-way spots: corners, a strip of wall above the refrigerator, sink or stove.

The contents of open shelves are on view at all times, so try to include at least some attractive, colorful items among the everyday items—canisters with staple goods inside or apothecary jars filled with pasta or dried beans. Keep commercial canned and packaged foods and supplies out of sight behind cupboard doors.

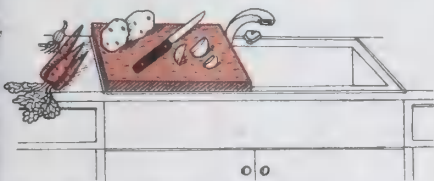
■ *More shelves.* If there's no free wall space in your kitchen, vertical standing shelf units can be a good solution. Metal shelf units—plain or plastic-coated in bright colors—are popular and inexpensive. They are available in a range of heights and widths. Some come in assemble-yourself kits. If your kitchen's large enough, a standing shelf unit can double as a see-through divider.

■ *Storage within storage.* Outfit cabinets and drawers with special gadgets that provide more places to put things. There's an enormous range of ingenious storage accessories to choose from, including: tiered,

revolving "lazy Susan" arrangements that provide extra stacking space and let you get at items way in the back of cabinets; wire racks in different sizes that can be fitted to cabinet walls and the insides of doors; compartmentalized organizer trays in all shapes and sizes to corral and neaten drawer clutter.



Sink area—above left: glass shelves in window, chopping board over sink. Above: Shelves above and to side of refrigerator.



things you use only occasionally, and items you never or hardly ever use.

The "everyday" pile should of course remain in the kitchen. "Occasionals"—such as clam steamers, punch bowls, giant-size roasting pans—should be packed up and dispatched to the attic, basement or closets. The same goes for "nevers," if you can't bear to dispose of them. Company dishes don't need to take up valuable kitchen storage. Stack them in any protected place.

Once you've reorganized, you may find that your newly streamlined collection of kitchen equipment fits quite comfortably into existing storage. But if it doesn't, here are some strategies for expanding your options.

● *Hang it all.* This is a real golden oldie of an idea, but it's a good one. A pot rack arching over the stove keeps pots and pans within arm's reach while freeing up cabinet space for other equipment. Wire or wicker baskets suspended from the ceiling can hold onions, potatoes or whatever else you like. Arrange utensils on sheets of pegboard installed on walls.



# Do I have it all, but no time to enjoy it?

(continued from page 105)

Precious minutes, hours, days are as fleeting and tantalizing as the scent from a neighbor's barbecue grill . . . time barely tasted or tested. School starts abruptly in September. Suddenly it's Halloween. Thanksgiving. Christmas. A child's birthday. (How could he be another year older already?) Valentine's Day. Easter vacation. Summer. And the cycle begins again . . .

Quit wondering whether you'll finish work in time to pick up Peter from that extra soccer practice. He'll just have to wait if you're late. And you can pick up a birthday present for Liz and some new pantyhose on your lunch hour if you only grab a quick sandwich. Okay, you haven't called your sister for two weeks. You can do that tonight—after you make brownies for tomorrow's PTA bake sale . . . after you help the kids with homework . . . after you listen to John's account of his day at work . . .

Then Susan, an attractive woman in her late 30s, turns off both the ignition and her inner soliloquy.

For one long, stolen moment, she closes her eyes and sits quietly in the automobile, clearing her mind of the myriad details of family life that seem to clutter up the beginning of each workday. Silence. Suddenly Susan's primary identity is no longer wife and mother, but efficient working woman. Her mind races ahead to the first sales presentation she'll make that day to a major Westchester County bank, which is interested in purchasing a new paper copier. "If I'm successful, I'll put myself above the sales quota for the month," she thinks with satisfaction. She is very good at what she does, and she relishes the feeling of exhilaration that comes from accomplishment in the working world. At 8:31 A.M. she steps briskly out of her car and heads for her office. She's got to get going; she can't afford to "waste" even one more minute. . . .

Time has now become a precious new resource for Susan Davies in a way that it never was before when she was still home with the children: Martha, now 16, Liz, 14 and Peter, 12. But several years ago she decided that it was important for her to return to work full-time. Why? "Primarily because we needed the money," says Susan. "Even though John has two jobs—he's part-time pastor at the Brewster Presbyterian Church and director of the Northeast Counseling Center—we couldn't keep up with inflation. But also, I began to see that my kids weren't going to be around



*After dinner, Susan and Martha help Peter with some perplexing homework.*

forever and that I wanted something else to do with my life. And I do love my job. I knew I'd enjoy working, but I hadn't quite anticipated how much better I'd feel about myself. I have more self-assurance now. I feel, well, more alive. But what bothers me is that I'm always in a hurry to get things done at home and there's never enough time to accomplish—or enjoy—everything I've planned."

John Davies, an intensely intelligent and thoughtful man, agrees with his wife. He now helps with housework and carpooling the children, but admits that the first few months after Susan returned to work were difficult ones for him. "What hit me the hardest was the fact that I had always unconsciously assumed that whatever was going on at home, the woman would be there to pick up the pieces and I wouldn't have to worry about it. These days, we both worry. In the beginning, I dropped in frequently to check up on the kids because they're home alone after school. Now they're older and much better at assuming responsibility for themselves so I don't do it that often. But I do a lot of the driving for their extracurricular activities. Once when Susan had just started work and we were getting used to sharing the chauffeuring, I left one of the kids stranded. What a panic I was in when I realized it! It's never happened since, believe me. Beside each day's list of meetings and counseling sessions, I've written what the kids are doing, whom I have to pick up

from a ballet lesson or symphony rehearsal or take to the doctor or dentist."

Susan paints an even more vivid picture of the initial adjustment everyone had to make after she started work. At first, she tried to do all the cooking, shopping and housecleaning just as she had when she was home full-time. "But it was impossible. I was always exhausted. It was then I realized the family would simply have to chip in. I also remember thinking it would be better for everybody if they assumed more responsibility for themselves. But I decided to wait until school ended that June because I felt they were all having enough trouble adjusting to my going back to work. I didn't want to overwhelm them with new responsibilities all at once."

But the late spring months seemed endless that year. "If June hadn't come when it did, I probably would have thrown my hands up in despair and quit," Susan says. "I just couldn't keep that pace up for very much longer."

When summer began, Susan and John held a series of meetings with the children to plot out how each family member could help more around the house. The result was that each child was assigned special tasks to perform regularly each week. Today the Davies children claim they have adjusted well to the chore routine. "After all, we've got to get used to being independent sometime," Martha reasons, "and I guess now is a better time than later."

But even with such careful planning and cooperation, the Davieses find they must forfeit some of the pleasure they savored when life was more leisurely. For instance, vacations planned in advance have not always coincided with Susan's work commitments. "One bad thing that happened as a result of my mother's job is that she can't always go away with us when we plan a trip," says daughter Liz. "About two years ago we went to Cape Cod for summer vacation, but my mom had to go home early because of work. She could only stay the weekend with us while we got to spend the whole next week on the beach with my father."



And this year Susan and John canceled some of their children's extracurricular activities. One was Liz's participation in a nearby gymnastics school team. "I felt badly but there was just no way John or I could work out the carpool for those practices," says Susan. "One of Liz's friends is on that team now, but her mother doesn't work, so she has the time to drive her daughter back and forth. Fortunately, Liz is on the Brewster High School gymnastics team, so we don't really feel that she has lost out."

The Davies social life has also suffered. As Susan says: "I love to entertain, but find it puts me under additional pressure during the week to get everything ready for company. Now when I invite people over for dinner,

my guests each come with a dish for the meal. Last year I gave a spaghetti party and my friends brought all the other courses. It was all I could do to get the pasta cooked and the house cleaned.

"I wish I knew a way to make entertaining easier. I miss seeing my friends. Of course, many of my friends have returned to work and are as busy as I am. Others have moved away. I've made new friends, too, but somehow it's not the same thing. There's nothing that can compare to the good friends you made when your children were little and you were still home. When the kids were small, we had a babysitting cooperative and a couples gourmet club, which I guess bound us together in a special way. Now that

I'm working, there are so many restrictions on my time that I don't have much left over for friends. That makes me feel bad. Sometimes I wish I had a few weeks off—not to go someplace exotic—but really just to catch up with my friends and find out what is happening in their lives. And have some time for myself as well."

The issue of time spent together as a family unit—what John Davies calls "communication time"—has also become troublesome. "We need more time spent together so we can be in better tune with each other's needs and learn to anticipate them," he says. Daughter Liz voices the same feelings in slightly different terms. "What I wish is that my parents were both around more and that they didn't have

## A typical day in the life of Susan Davies

**6:30 A.M.** Alarm goes off. Susan gets up, wakes children, starts coffee.

**6:45 A.M.** Makes sure 12-year-old Peter eats breakfast. Helps him find a missing school library book. Settles a squabble about use of the shower.

**7:00 A.M.** Says good-bye to Peter; urges teenagers Martha and Liz to stop fussing with their hair and eat something; helps Liz locate a favorite shirt, which was still in the clothes-dryer. Eats breakfast with husband John; puts the makings of a beef stew into slow-cooker for dinner. Says good-bye to the girls as they dash for school bus; does the breakfast dishes.

**7:30 A.M.** Showers, dresses, applies makeup, combs hair (she has a permanent and doesn't have to set her hair). Says good-bye to John; closes up the house for the day.

**8:00—8:30 A.M.** Drives 27 miles to work at the Pitney Bowes office in White Plains, N.Y.; parks the car, unloads last night's paperwork, gets to office.

**8:30—9:15 A.M.** Files orders and paperwork, talks with fellow workers. Has brief conference with district manager about new product. Picks up phone messages. Collects relevant materials for the day's orders. Carries sample postage meter to car.

**9:15—10:30 A.M.** Drives to first customer. Carries briefcase, charts and company notebooks into office for sale demonstration. Writes an order for the agreed-to sale.

**10:30—11:00 A.M.** Drives to second customer. Has a cup of coffee in nearby restaurant before meeting. Talks with vice president of major bank. Arranges for a demonstration of new equipment at the office for following week.

**11:00 A.M.—1:00 P.M.** Makes five additional customer stops. Three are new ones. One is interested in postage meter. Arranges to have return meeting with prospective purchaser the following week.

**1:00—2:00 P.M.** Drives to department store garage and parks car. Decides to break for lunch. Eats a quick sandwich and drinks cup of tea at department store restaurant counter. Spends last half hour of lunch buying party napkins and candles for a dinner party Saturday night.

**2:00 P.M.** Makes a quick call to the office from the department store phone booth to check on availability of a product for interested customer. Also asks for any phone messages.

**2:20—4:00 P.M.** Makes five additional customer stops. Makes a sale to new customer on the last scheduled stop of the day.

**4:05—5:00 P.M.** Drives back to Pitney Bowes headquarters. Reports to sales manager. Returns equipment, files orders from the day. Returns four phone calls.

**5:00—6:15 P.M.** Drives back home to Brewster through heavy traffic. Speeds slightly whenever possible.

Is feeling very tired. Stops to pick up fruit, vegetables and extra milk. Stops also to pick up repaired shoes.

**6:15—7:00 P.M.** Arrives home. Looks briefly at the mail. Changes into jeans and shirt. Talks with Martha while unpacking groceries. Checks on beef stew in slow-cooker. John arrives home with Liz after her ballet lesson. John leaves to get Peter at soccer practice. Susan completes dinner preparations; reminds the girls to do their homework.

**7:15—8:00 P.M.** John arrives home again with Peter. Family sits down to eat together. John leaves for evening church meeting.

**8:00—8:30 P.M.** Susan washes dishes. Children help.

**8:30—9:30 P.M.** Susan quickly scans the day's newspaper; talks to her mother on the phone; polishes silver for next weekend's dinner party; helps Peter with homework.

**9:30—10:30 P.M.** Runs vacuum cleaner through living room. Does paperwork she has brought home from the office. Reads one story from the Arts and Leisure section of the previous Sunday's *New York Times*. Kisses the children good night.

**10:30—11:00 P.M.** Sets table for next day's breakfast. John arrives home from his meeting.

**11:00—11:45 P.M.** Talks with John about the day's activities. Finally turns off the light at 11:45 P.M.



# Do I have it all, but no time to enjoy it?

On the refrigerator hangs a plaque with a picture of Noah's Ark, and the poignant inscription, "Lord, help us all stay afloat."

so many chores to do when they are home," she said wistfully one evening.

Susan and John also notice that they have less time to spend together. "Now if we want to talk it either has to be late at night or very early in the morning when we're still both half asleep," Susan laments.

Weekends also seem to go by too quickly in the Davies household. While Susan and the girls are busy with household chores, John takes Peter to soccer practice and devotes time to repair jobs around the house. Before long it is afternoon, and Susan goes shopping at a nearby supermarket.

Food shopping is the one chore that Susan says, "I hate more than everything else. And today it's probably more expensive for us to eat because I don't cut out and file coupons from the newspaper the way I used to. But who has time for such things? Also, sometimes after I spend the time making out a careful shopping list, I leave it home. Or I get home after shopping only to discover I've forgotten several items. That's so annoying, especially when I really don't have time to go back to the store again.

"Saturdays always seem too hectic. No matter how well organized we are, there are always extra chores—clothes that must be picked up or dropped off at the cleaner's, new shoes for the kids, appliances that must be repaired, outside work to be tended to, haircuts, curtains to be washed, the garden—which has more weeds than vegetables this year—friends to be chatted with on the phone or preparations I must make for Saturday night at-home entertaining."

Sundays are also busy days in the Davies household. "For me, the work week doesn't end until after the morning church services are over," says John. The same is true for Susan, who teaches Sunday school. "Even though I am working full-time, I decided it was important that I continue teaching Sunday school this year," she explains. "It gives me a fresh perspective on life. I find the honesty of children refreshing after being with adults all week."

Sunday afternoons are less harried than any other time during the week. Often, Peter has a soccer game that the whole family attends. Other times, they visit Susan's parents.

But the brief respite is over soon. It is the beginning of another new week



*Music is a pleasure shared by all. (Peter, not pictured, plays the sax.)*

of mad-dash mornings, exciting fast-paced days, crammed-full evenings.

As Susan says, "We're always on the go. In many ways, I love that—we're all operating at full capacity, which is wonderful. All I yearn for is a little stop-and-think time, some unstructured moments to just be." Weekdays in the Davies household wind down gradually. The children go to sleep between 10 and 10:30 P.M. Around that time, Susan gets ready for bed, but not until she first sets the table with the dishes for the next morning's breakfast—"One of the household organization chores I do remember," she says. By 11 P.M. a peaceful hush has fallen over the house. Then Susan hears the basement door near the kitchen open. John Davies is home at last, after another long evening of clients, community meetings and paperwork. He smiles as he enters their first-floor bedroom, where his wife is often reading in bed.

Susan smiles back as she looks into her husband's steady blue eyes, tired now in the shadow of the late-night lamplight. "Hi, Susie." He moves to the bed to kiss her. "Hi, John."

Such moments of communication between husband and wife often heal all anxieties from the day, and remind them how the bustle of their days and the endless chores associated with holding down jobs, keeping a house and raising a family first began with them as childhood sweethearts. Like Susan's stolen minute alone in her car before work, this precious instant is one when the seemingly relentless clock that rules them stops ticking. They are caught in the wonder of the fulfilling and bountiful life they share and their everlasting love. **End**

## Expert organizing tips to beat the time crunch

Despite Susan Davies's efficient method of organizing family life, she has problems in several areas.

To solve some of Susan and John Davies' household dilemmas, *Ladies Home Journal* consulted business and household organization specialist Stephanie Winston, author of the best-selling book, *Getting Organized* (Warner Books, Inc., New York, 1979) and founder of The Organizing Principle, a New York-based consulting firm. Ms. Winston visited the Davies household and talked with the family individually to help them determine how they could decrease time spent on chores and gain more hours for leisure as a family.

According to Ms. Winston, organization in the home can be summarized in three basic rules. They include:

- Planning ahead.
- Delegating tasks.
- Tailoring household chores to the needs and personalities of each individual within the family.

Ms. Winston offered the following specific suggestions to the Davieses:

### 1 Grocery Organization

Attach a pad of paper and a pencil to a string onto the doors of kitchen cabinets and the refrigerator. As certain grocery items run low, they should immediately be noted by any family member. "The idea is to keep constant grocery inventory during the week," explains Ms. Winston, "so that a list is not haphazardly composed on the weekend."

To simplify Susan's grocery shopping even more, Ms. Winston suggests that Susan copy the shopping list over in the order that each item appears in the store. In that way, Susan can walk quickly down each aisle while consulting her list and be sure that she won't overlook anything. Another trick to speed up the grocery-shopping process is to unload the groceries on the checkout counter in the order in which they will be put away at home. Thus meats will be packed in one bag, cottage cheese, milk and butter and other refrigerator items will be together; canned and packaged goods will be in another bag.



## 2 Family Chore Assignments

Ms. Winston suggested reorganizing family tasks with a careful eye to individual preferences and abilities. While she believes that all the youngsters in the family should be assigned specific tasks, she warns that certain jobs simply aren't appropriate for particular family members.

For those children who have special difficulties meeting deadlines and performing tasks on schedule, Ms. Winston also suggests that parents take time to emphasize the value of pre-planning—such as laying out school clothes the night before, assigning specific chores on certain days of the week and encouraging children to keep a personal calendar of school assignments, social commitments and household responsibilities.

## 3 Car Maintenance and Repair

Since Susan Davies already keeps track of her car mileage for work, Ms. Winston points out that she has a built-in method for planning automobile maintenance schedules. Susan can usually anticipate how many miles she will put on her car in a given week or month, and thus should be able to calculate approximately when she should schedule her next oil change or tuneup, and make sure to write it down in her calendar. In this way, the crisis-oriented approach to car maintenance she and John are often faced with can be avoided.

Stephanie Winston also suggests that the Davieses find a garage that will give them loaner cars while their own are being serviced. She also points out that a car that breaks down frequently becomes more of a liability than an asset. The family must consider whether time wasted and anxiety produced by having a car constantly in the shop is worth it. Perhaps it would be wiser to purchase a new car, even if it is more costly in the short-term.

## 4 Appliance Repair

Until appliance repairmen change their work practices and agree to make service calls on broken dishwashers or washing machines at set times of the day, or are willing to accommodate customers on the weekends, Stephanie Winston agrees that appliance repair will probably remain a thorny issue for two-worker families.

The best solution she could offer Susan and John Davies (besides paying appliance repairman premium rates to make weekend visits) was that they find three or four neighbors who are home in the daytime and would be willing to hold the key to the Davies house on a rotating basis. Then, when an appliance repairman is expected, he would be instructed to report first to the key-holding neighbor. In this way, household machinery could be repaired without either Susan or John sacrificing an entire day's work. Of course, if Susan and John feel guilty about imposing upon their neighbors in this manner, they could always offer either a cash payment or another service in return.

## 5 Pile-up of Newspapers, Magazines, Mail, Old Clothes and Other Household Items

One of the most important ways to keep a house orderly is for its owner to understand which things should be saved and which thrown out. Newspapers left unread for more than a few days or weeks, as they often are in the Davies household, should be tossed, suggests Stephanie Winston, because the probability that they will get read diminishes with time. Magazines should be kept no more than a month, when they can be passed on to neighbors or the doctor's office. Particularly interesting and useful features can be clipped and filed first. Clothes the family has outgrown should be separated into piles for friends and charity, and then left in a prominent place in the house such as the front hall, so there will be incentive to move them out. (After all, if objects are left in the basement or attic, they can easily be forgotten. In this way, many families end up with years' accumulations of old clothes, furniture and newspapers.)

As for the mail, Ms. Winston suggests that Susan and John look through the day's delivery every evening and immediately file bills in one folder, letters to be answered in another. Anything that doesn't need a response should be thrown out on the spot. The same technique can be applied to other household objects. If an old chair or television set has been replaced, there is no reason to save it unless it has strong sentimental value. Sell it or give it to charity if it is still functional. If not, throw it away.

"The reason most people end up

with confused closets, attics and basements," says Ms. Winston, "is that they are reluctant to think about the true use and meaning of a given object. And some people also subconsciously feel that they are committing a sin if they throw anything out, however beyond repair it may be." Yet, learning to distinguish quickly between what should be tossed, what should be saved and where items should be stored is a true timesaver.

## 6 Saturday Chores

The key to getting everything done on Saturdays is learning to delegate responsibility for the tasks that really don't require personal supervision. Most women, like Susan Davies, spend their time on weekends doing errands which don't require special knowledge or taste, but simply an expenditure of time: running to the cleaners, picking up extra milk or film, shoe repair or purchasing potting soil for household plants. Part of that frantic behavior pattern may be a hangover from the "do-it-yourself Puritan ethic" that many women cling to, says Ms. Winston. The idea is if you don't do it yourself, you are somehow not a worthy person. "That is perverse thinking," explains Ms. Winston, "because it results in a woman feeling sorry that she never has enough time to accomplish everything, and that is both self-destructive and destructive to her family." A more sensible approach—and one Ms. Winston suggested to Susan Davies—would be to hire a neighborhood teenager, who already has a driver's license and would be interested in running errands on a weekly basis for a few dollars an hour. Every week, Susan could assign her errand boy or girl a list of things to buy, pick up or exchange, which could then be delivered to the Davies home the following Saturday. In that way, Susan and John Davies would have more time left to accomplish the tasks that truly demand their presence. Dinner parties would be less of a burden because many chores associated with them would already have been accomplished by the errand person. Most important of all, with more time available to them on the weekends, the Davieses would have more opportunities to play and communicate as a family unit.

**End**

Nancy Rubin is a freelance reporter for The New York Times. Her book, *The New Suburban Housewife: Beyond Myth and Motherhood*, will be published by Coward, McCann & Geoghegan in June. Look for an exclusive excerpt from the book in LHM's April issue.



# LHJ Help!Line

By Katherine Barrett

To help readers with some of the hassles of life today, the Journal is starting this column. Help!Line invites you to write and tell us about the problems you must deal with, so that we can lead you to the best solutions.

## Lost Checks

I was married recently and received a number of checks as wedding presents. Although I deposited them to our new account, I later found that one of the deposit slips hadn't been credited. Though I had my receipt, the bank told me that wasn't enough, that I would have to produce evidence of my deposit including photos of the front and back of the checks. What can I do? Isn't a receipt proof of anything at all?—A. E. Jones, New York

Apparently it's not proof of much—a fact that comes as quite a shock to consumers when banks lose checks they've deposited.

The receipt only proves you were at the bank and gave something to the teller (which will make the bank more cooperative than if you are empty-handed). But banks say that receipts are so easily forged that they can't otherwise rely on them. Besides, banks have no legal responsibility for checks until the funds on them have been collected.

What can you do? First of all, don't despair. A bank will help you trace the checks, but you do have to (1) contact the people who issued them, and (2) find out whether these people have their canceled checks. If not, have the person stop payment and issue you another check. If it has cleared, the canceled check is the proof of deposit that the bank needs. With copies of the front and back of it, the bank can trace the check's route through the system and find out whose account it was credited to.

And here's a tip from bank consumer affairs offices to save you trouble: When making a deposit, write on your receipt the number, amount and origin of the check. Then even if the checks are lost, you'll know where they came from and be able to follow up.

## Grandparents' Rights

My son was divorced from his wife seven months ago, and since then she's been trying to keep my husband and me from seeing our two

grandchildren. As grandparents, what rights do we have for visitation? How do we keep them from being violated?—Mrs. P. Johnson, Illinois.

A few years ago, you might very well have been out of luck. But by state statute and court action, states are increasingly recognizing the rights of grandparents to have an ongoing relationship with grandchildren despite other family changes. In fact, 41 states—including Illinois—recognize grandparents' rights to petition a court for visitation. Of the remainder (Alaska, Maine, Mississippi, Nebraska, North Dakota, South Dakota, Tennessee, Washington and Wyoming), a number have bills pending in the state legislature.

Now that you know that, what you and your husband need to do is to get a lawyer (local bar associations have referral services to help you find someone), and then present a petition to the court stating

that under the new Illinois law (passed in 1981), you should have access to your grandchildren. You'll have an especially good case if you had frequent contact with them before the divorce.

It's wise to remember, however, that state statutes do not guarantee that grandparents can see grandchildren, but only that they have basis for arguing the case in court. Judges still look at the "best interests" of the child, but the notion that an extended family is important has recently caught on.

If you are caught in a tangle of bureaucratic red tape or have a legal or consumer problem that seems hard to handle, write and tell us about it at Help!Line. Ladies' Home Journal, 641 Lexington Avenue, New York, N.Y. 10022. Attention: Katherine Barrett. Although we cannot answer letters personally, we'll do our best to answer your questions in this column.

## SPACE-SAVERS

pictured on page 38

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## BREAST CANCER UPDATE

continued from page 93

ard operation. A large-scale study done in Italy, however, shows that in selected cases of early breast cancer, limited surgery that spares most of the breast can be equally effective. The size and location of the cancer are the key elements in determining whether a lumpectomy—removal of the cancerous tumor and surrounding tissue only—will be sufficient. If the lump is smaller than two centimeters (about three-quarters of an inch) and lies in the outer area of the breast, removal of the diseased quarter of the breast and the lymph nodes from the armpit can be just as effective as a radical mastectomy. This procedure must be followed by up to six weeks of radiation therapy. When the removed lymph nodes are found to be cancerous, however, the patient is also given anti-cancer drugs for one year.

A nine-year study done by the National Cancer Institute (NCI) showed that for women with larger tumors, a modified radical mastectomy—removal of the entire breast and the lymph nodes, but not the underlying chest muscles—seems to be as effective as a radical mastectomy. Some doctors still question the effectiveness of the simplified operation, but the NCI study, involving more than 1,500 women at 4 hospitals, found no significant differences in the survival rate after the two different operations.

### HORMONE MANIPULATION

In addition to some combination of surgery, radiation and chemotherapy, hormone manipulation is sometimes employed in treating breast cancer. Certain tumors are dependent on the male hormone estrogen, and recurrence or spread of this type of cancer can often be halted by interfering with estrogen production. A mastectomy in these cases is frequently unnecessary, since the biopsy itself usually constitutes complete removal of the tumor. It's important to remember, however, that estrogen-dependent tumors can only be identified *before* a biopsy is done. Any woman scheduled for a biopsy should insist that her surgeon test for the estrogen receptor protein (ERP) prior to the operation.

At one time, removal of the ovaries was the only way to curtail production of estrogen. A recent study has found that a new drug, *tamoxifen*, combined with other drugs, cuts the cancer recurrence rate by more than 50 percent.

### BREAST RECONSTRUCTION

No matter how often a woman is minded that saving her life is far more important than saving a breast, the fact remains that a mastectomy can leave a woman feeling less than

whole and sexually unattractive. One of the most heartening recent advances has been improved reconstructive techniques. Reconstruction of a breast, usually involving a silicone gel implant (not to be confused with silicone injections) is now possible in most cases, even for women who had mastectomies as long ago as 20 years.

One of the newest reconstruction techniques—developed by Dr. Carl Hartrampf of Emory University in Atlanta, Georgia—uses a section of muscle and fat from the abdomen to build a new breast. The patient is given a "tummy tuck" and breast reconstruction at the same time.

Most doctors now advise waiting a few months after a mastectomy for the skin to heal and until radiation or other therapies are completed before having a breast reconstructed. Planning ahead with the surgeon for later reconstruction is useful, for example, to determine incision placement. Postponing reconstruction is also psychologically sound. The patient has a chance to become adjusted to her post-mastectomy appearance and is more likely to be pleased with the reconstruction than if she had compared the "new" breast to the one she lost.

### EARLY DIAGNOSIS

Although many gains have been made in fighting breast cancer, early diagnosis and treatment remain a woman's best chance of surviving the disease. The importance of regular self-examination cannot be stressed strongly enough. (See page 90.) Women who have already had the disease or who have a family history of cancer should have a yearly physical examination, including a mammogram (a special breast X-ray).

All women between the ages of 35 and 40 should have an initial mammogram and, after the age of 50, women should have annual mammograms. Women younger than 35 who display no symptoms should *not* have frequent mammograms because the small amount of radiation involved may pose an increased risk of cancer.

### FOR MORE INFORMATION

**Ask your doctor.** If you have any questions about breast cancer, the first person to turn to is your physician.

**Seek a second opinion.** If your doctor doesn't answer your questions to your satisfaction, find another doctor, preferably one in a different hospital. Check with your local American Cancer Society for names of specialists.

**Call the National Cancer Center.** Experts will answer your questions about cancer: (800) 683-6694.

*Genell Subak-Sharpe is a free-lance writer and the editor of The Physicians' Drug Manual (Doubleday).*

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## DAZZLING DIANA

continued from page 87

a ritual he still continues—slipping surprises under ana's pillow: perfume, jewelry, notes and, because she does on them, *Star Bars*, a gooey peanut-toffee concoction.

During their extended honeymoon, the young couple discovered they shared the same love of flowers, light music, soft lights. "Diana is enormously affectionate," Charles is a man of extreme tenderness," says another close friend of both.

But unlike most newlyweds, the royal couple have a more to worry about than enjoying—and adjusting to each other. The bride especially had to begin training for her difficult role as wife of the heir to the throne.

Diana's royal education started the moment the engagement was announced last February. On that day, her telephone number was made unlisted and she left both her job as a kindergarten teacher and the apartment she shared with three friends. Her life as a private person was cut forever. Since the wedding, Diana has been learning to accept being curtsied to, having her name added to official church prayers that are said around the country every Sunday and being saluted (like the prince) by six bars during the national anthem wherever she goes.

Now Diana is facing another new challenge as well: impending motherhood. The baby will be born a month before her 21st birthday—making her Britain's youngest royal mother in more than 100 years.

While all this may seem like the stuff of fairy tales, the new princess has been exposed to some grim realities of public life. It must have been jarring for Diana when, a month after her wedding, her official portrait was viciously slashed. It had been hanging next to her husband's painting at the National Portrait Gallery in London. Diana made no public statement about the incident, but her new vulnerability must have become frighteningly clear to her.

Before the slashing of the painting, friends say a "streak" had made her resent the constant presence of security guards; she had been particularly appalled when a guard toting a gun rode aboard her wedding coach dressed as a footman.

Gradually, Diana has realized the dangers a public figure faces—especially in a country torn by economic unrest and the threat of I.R.A.-triggered violence.

### Incidents have shaken her

In the months since she became a member of the royal family, a number of disturbing incidents have shaken her. First there was the letter bomb, mailed to Prince Charles and intercepted at Buckingham Palace offices. Then there was the fire bomb found by police during her first official appearance in Wales, and the demonstrations of angry Welsh nationalists, who got so close to the royal couple's limousine that they scored a direct hit with a paint bomb.

But what really stunned Diana was the assassination of Egyptian President Anwar el-Sadat. She and Charles met the Sadats when their honeymoon cruise stopped in Cairo. Sadat was the first head of state that Diana had become acquainted with, and she had been charmed by him and his wife.

The princess wept when she heard about Sadat's death. "For the very first time in her sheltered life," a friend says. "Diana felt close to awesome violence. She kept saying over and over again, 'It is terrible. So terrible. How can people behave like that?'"

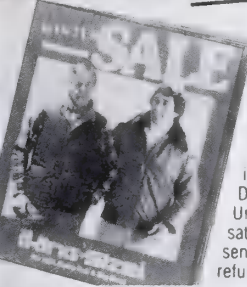
She pleaded to attend the funeral to help console Sadat's widow, Jihan. Scotland Yard, constantly in fear that someone will "have a crack" at Charles and Diana, finally convinced her that, in an insane atmosphere, her attendance would be added madness.

(continued)



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## DAZZLING DIANA

continued

In the end, Charles went alone and Diana had to worry about her new husband's safety. She wept at the airport as she kissed him good-bye. Compounding her fears was the fact that the royal family has refused to wear bulletproof vests as a matter of principle—not to "give in to violence." It was Sadat's assassination that made Diana realize that "death can come at any time," as she told a family member.

The security around the couple is, by British standards, exceptional. The princess has two full-time bodyguards, as does Charles. When they travel, eight armed policemen join them. By now Diana has learned not only to accept round-the-clock "shadows," but to enjoy their company.

One of her bodyguards is handsome, charming detective Graham Smith. On the rare occasion when Diana travels by commercial airline, she becomes "Mrs. Smith," posing as Graham's wife. Both find it amusing.

### Living in the spotlight

But this is a rare respite from public life. For in addition to adjusting to the ever-present threat of violence, the princess must learn to live constantly in the world's spotlight, and to accept that wherever she goes she will be followed by cameras. And with the public eye upon her, Diana must also learn to control her nervous giggles at serious occasions, a trait acceptable in any 20-year-old except a future queen.

Charles, whose own royal training started as soon as he could walk, has passed on a snicker-fighting technique he discovered in the nursery. "Bite the inside of your lip," he tells his bride.

He also has taught her other "tricks of the trade." She now knows how to shake hands with hundreds of people in the course of a day in a manner that protects her fingers from being crushed. And she is learning from him how to master public speaking. Her first attempt, during the Welsh tour, was something of an embarrassment. While Diana was her usual charming self—and to the delight of the audience had mastered a few Welsh phrases

taught her by Charles—her nervousness caused her to garble her speech by speaking far too quickly.

In order to look her best at all times, Diana has also been receiving lessons in fashion and makeup. Led by her mother, Frances Shand-Kydd, Diana regularly slips up the back staircase to British *Vogue*. Inside the offices, editors and stylists lay out suitable clothes (always British-made) for her to consider, and advise her on how to look her prettiest before the cameras.

Admitted Felicia Clark, one of her *Vogue* mentors, "The idea has been to bring the best of fashion under her eye, and to help her, because like any kid, she didn't know where to go. Also, she didn't have the time."

But despite high-fashion options, the "kid" clings to a style now known from the Arctic to Africa as "the Diana look": high-necked, ruffled blouses; long, slim skirts that emphasize her waist rather than her coltish legs; knickerbockers or jeans for informal wear. And, of course, the perky hats often trimmed with ostrich plumes, which have become another entrancing trademark. And at a stately 5 feet 10 inches, Diana has the stature to look good in high-style maternity clothes.

Pleased at his wife's eye-catching departure from "royal drab," Prince Charles pays for her public clothes, and Diana picks up the tab for her informal wardrobe from a \$20,000 annual income she receives from her own family trust. Even though she has learned tricks for cleverly switching accessories so that she doesn't appear to wear the same outfit twice, Diana's clothes budget is still a whopping \$3,000 a week.

The result of all this scrupulous attention is a dazzling Diana, who has learned to hold her head high for best effect, tilt her face for the most flattering view and flirt with the camera—sometimes the cameramen. No longer a blushing post-adolescent, she threw 277

sailors into daily confusion on the honeymoon yacht—by appearing on the bridge in her bikini. "I can tell you," says a sailor, "it was difficult not to stare. She really has a great figure."

On another occasion, Diana walked into the officer's mess just as the crew was returning from the showers, torsos wrapped in towels. "I'm afraid you shouldn't be here, Ma'am," said an alarmed crewman. "It's all right," Diana kidded coquettishly. "I'm a married woman now, aren't I?"

This doesn't sound much like the pre-wedding "shy Di," does it? More often known now as "the royal chatterbox," Diana has come to joke with crowds and the press. Of course, there's a fine line between being natural and easy with people, and being a little too casual. It's this distinction that Diana is still learning. Witness the occasion when, at a Scottish ball, the weary young princess gave in to her natural instincts, and on the dance floor, eased out of her shoes, saying, "My feet are killing me. My shoes are new and they hurt like crazy."

More practiced royals would have suffered in silence. They also would have known not to check whether a silver tankard was genuine after being presented with it publicly. But without thinking, the young Diana turned the tankard upside down to look for the hallmark. She blushed for a moment when she realized what she had done, but then made everybody laugh by quipping, "It is solid silver, isn't it?"

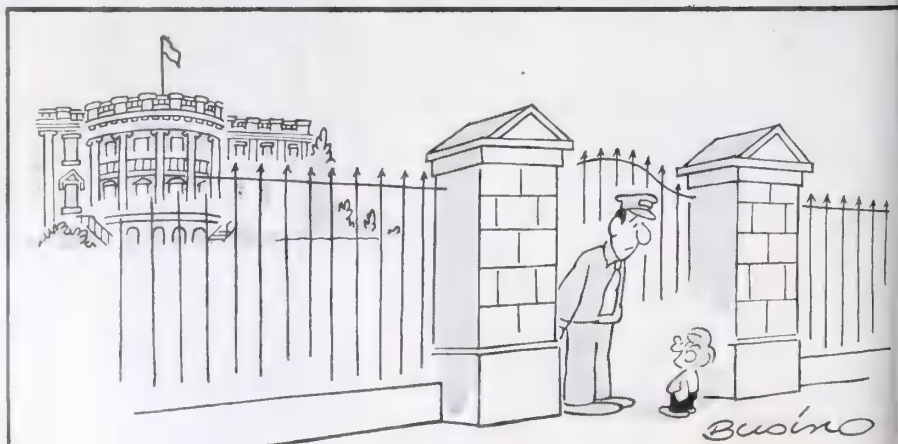
Generally, the royal family has been understanding and helpful to its newest member, imparting to her a variety of minutiae about coping with her role. She has been told, for example, of the advisability of always visiting the ladies' room before a state function, as these occasions can go on interminably. It's also been impressed upon her how vital punctuality is in royal life, where her daily schedule is so packed that there's no room for error. (continued)

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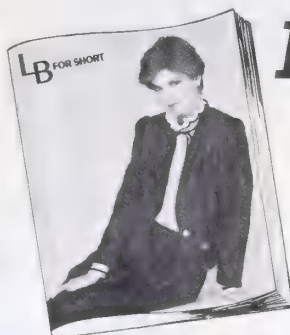


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## DAZZLING DIANA

*continued*

In fact, on the first day of her Welsh trip, Charles kept calling out to Diana to stop spending too much time with her admiring public because she was throwing off the schedule.

Still, **no** matter what beginner's mistakes Diana may make, as far as the public is concerned, the Princess of Wales can do **no** wrong. They adore her. On the Welsh tour, Diana was showered with gifts of flowers so frequently that she herself remarked, "I feel like a walking greenhouse." When the royal couple was separated in the crowd, a bouquet of flowers was offered to Charles. He called to her, "Diana, love, come over here . . ."

Later he told spectators, "I'm just a collector of flowers these days. It's my role. I'm sorry I haven't got enough wives to go around." (Some observers were reminded of John F. Kennedy's

comment during a trip to Europe that he would be remembered as "the man who accompanied Jacqueline Kennedy to Paris.") Although the prince made the comment with pride and no hint of envy, royalty watchers say Diana ultimately must be more retiring because upstaging the born-to-the-purple is just "not done."

For instance, at the opening of Parliament last fall, the princess once again unwittingly took center stage. From the moment Diana, who wore a white satin and chiffon gown and diamond tiara, stepped into the House of Lords, it was obvious that all eyes were on her and *not* on the queen. Charles himself was heard to tease Diana during the ten-minute ceremony, "Stop stealing the show."

The prince may have been joking, but the queen was all too aware that the spotlight had swung from herself to her new daughter-in-law. Friends comment quite openly that signs of jealousy crept into the queen's behavior even before the wedding. She asked her public-relations staff to allow the press to have more access to her. But the media, too busy with Diana, just weren't interested.

After the opening of Parliament, newspapers carried postage stamp-sized photographs of the queen, while shots of Diana filled whole pages. Despite all this, Diana is said to be "adored" by her mother-in-law. Perhaps Queen Elizabeth understands best the pressures placed on a young woman in Diana's position. Behind the scenes it is she who helps the princess relax after a grueling day of public appearances. The monarch is a secret

but superb mimic and makes Diana crumple over in helpless laughter imitating stuffy politicians.

The young princess is encouraged seek help from the sovereign whenever she wants it; the two take long walks together, and prior to Diana's pregnancy went horseback riding.

The bond between the pair has been strengthened by Diana's pregnancy. The queen recommended that her daughter-in-law use her own gynecologist, Dr. George Pinker. Pinker, like Diana, favors natural childbirth, and the princess, who also plans to breastfeed, has said that she wants to experience "the full sensation of birth." Charles, too, would like to share in much of the experience as he can, and plans to be present at the birth.

If the child is a boy, he will be the British king one day. (Should Diana have twin boys—they run in her family—the firstborn would be heir to the throne.) A girl would be queen only she has no brothers.

And how is a name chosen for future king or queen of England? Like most parents, this mom and dad will name their offspring after ancestors or favorite relatives. The most likely names for a boy are Edward, George, Philip or Louis (after Charles's friend and great-uncle, the late Lord Mountbatten). And the leading girl names: Frances and Elizabeth, after Diana's mother and mother-in-law.

Of course, Charles and Diana still have four months to make that decision. In the meantime, Diana is taking good care of herself. She is careful with her diet and she exercises regularly, getting up soon *(continued)*





## DAZZLING DIANA

continued

ter seven A.M. to begin her daily gimen. She has already made sure at the nursery in her country home, Highgrove—a blue and gold room with matching drapes—will be ready June. In fact, this was one of the st rooms to be completed at the estate. While there is a connecting room for the baby's nanny, it is thought that Charles and Diana will have a much easier involvement in raising their children than past royalty. Diana, who has a wonderful rapport with children, has said that she would like to have "at least five." And the prince, too, is a favorite with kids. Charles and Diana are both homebodies, and they enjoy spending time together in their two residences: Kensington Palace, London, and their "cottage," Highgrove, in Gloucestershire. Both prefer Highgrove, which the prince bought specifically for Diana and

which she decorated to the last detail.

As with most newlywed couples, their home life is constantly give-and-take. Diana likes to think they are "a quite ordinary couple" with an extraordinary life. Intimates say Charles has given the princess "a real feeling of security." Since Diana was a product of a broken marriage, she is blossoming under the knowledge that "the prince will always be there for her."

Diana in turn has taught Charles to relax. He has all but lost the nervous facial tic that for years had embarrassed him in public. Diana is also urging him to let his hair grow longer, to cover a bald spot about which he is self-conscious.

Both weight-conscious, the royal couple eat lightly, making lunch the most important meal (preferring chicken or ham salads, cottage cheese and fruit). Dinners are more of a ritual, a chance to be alone together rather than a real meal. Diana has even been known to snack on cheeses and chocolates.

When they are alone in the evening, they sometimes watch movies on a home screen. Both detest the current craze for horror films, and prefer adventure or comedy, such as James Bond films and old reels of the Keystone Cops. Diana, especially, is a great fan of Gregory Peck.

Although the prince enjoys occa-

sional alcoholic beverages, particularly gin and tonic, champagne and white wines, Diana rarely has anything more mind-fogging than a few sips of champagne. They both have an intense aversion to smoking, and visitors to their homes tell frustrated stories of the mysterious disappearance of cigarettes resting in ashtrays. Nothing mysterious about it. Prince Charles waits for his moment, picks up the cigarettes and tosses them out the window—a silent social reprimand that sends Diana into gales of laughter.

If they are conspirators in practical jokes, the same visitors say, they are also obvious lovers, and have become each other's best friend. They laugh easily and often, especially at inaccurate newspaper stories suggesting there are problems between them, and "they never argue. But if you give either one of them an argument, you end up fighting with both."

It is obvious that Charles and Diana's home is already filled with genuine love and laughter.

What more could a baby, royal or not, ask for?

End

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ere is a listing of recipes appearing in this issue including those from the Journal Kitchen and advertisements. All have been tested by our home economists.

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*Her life in crisis*

## Loveless marriages

*Why do women still stay in them?*

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*All you need to know  
to get it, keep it*

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*From the author of  
The Last Convertible*

## Your fashion budget

*What to splurge on, what to save on*

## The most intimate sex questions

*A woman gynecologist  
gives the answers*

# Dear Journal

### Binge Eating

I have just finished reading your two-part report on binge eating (November 1981). There was so much I could identify with that I simply had to thank you. The tips on controlling this devastating eating disorder were excellent. However, I feel that your listing of places to go for help should have included Overeaters Anonymous, a program to which thousands of people, including myself, literally owe their lives.—Penny Valentine, Missouri City, Tex.

**Ed. note:** For information about OA meetings in your area, call the Overeaters Anonymous World Service Organization, (213) 320-7941, Monday through Friday from 9 A.M. to 5 P.M. Pacific time; the East Coast Service Organization, (516) 794-1333, Monday through Friday from 10 A.M. to 5 P.M. Eastern time; or check your white pages for local chapters. Local numbers connect you with taped messages which give the locations and meeting times of Overeaters Anonymous groups in your area.

### Elvis Remembered

I feel a great deal of resentment about the excerpts you published from Albert Goldman's book on Elvis (November–December 1981). We Elvis fans (and I'm sure I speak for millions) would like to remember Elvis as our King. Why blemish our memories and his character? I think we should realize that he is gone and leave him in peace.—Anne Marie Caluori, address withheld.

**Ed. note:** We're sorry you were offended. Nothing could have been further from our intentions, for we, too, are Elvis fans. As fans, we wish we could print only good about Elvis, but as journalists, we have a duty to print less flattering aspects of his life as well. Ultimately, Mr. Goldman's book, which was based on over 500 interviews and three years of research, may be the real proof of Elvis's greatness, for no matter what we all are told about the King, he continues to hold a special place in the memories of those who loved him.

### Cheers For "The Children's Story"

Come on, you fudged. When you first printed James Clavell's "The Children's Story" in October 1963, you received a torrent of hate mail from readers who misinterpreted the tale—and later printed an article by your editor (April 1964) explaining the true meaning. This time (November 1981), you warned us with an

editor's note at the beginning so we couldn't get it wrong. Never mind. You're forgiven. Many times over the last two decades, I have used the story and the subsequent 1964 article in English composition classes that I taught. Together, those pieces provided much better material for stimulating clear thinking and revealing human nature than the scholarly essays in text books.—Jane Blades, Director, Humboldt Public Library, Humboldt, Kans.

### Drunk Driving and Cocktails for a Crowd

Your November article, "Anatomy of a Road Accident," was both moving and informative. But why, in the same issue, did you devote page after page to party menus with recipes for alcoholic beverages? How can you hope to discourage people from overimbibing when you make drinking look so acceptable and appealing?—J. Smith, Chicago, Ill.

**Ed. note:** We can understand your concern, but after all, social drinking is a practice enjoyed by millions of responsible Americans. Moderation is essential. We do recognize, though, that some guests may become intoxicated, which is why we printed Charlotte Ford's suggestion that the host should "never let a person who has had too much to drink drive home, but rather be driven by someone else."

### Middle-Aged Marvels

How glad I was to read "Middle-Aged Marvels" in your November issue! I just turned 40, and while people tell me I look five to ten years younger than I am, I intend to keep it that way. No matter what the years bring, one thing I am not going to do is "let myself go," and the advice from those gorgeous over-40s served to inspire me and strengthen my resolve. I'm going to try Mary Tyler Moore's ballet exercises this very evening. Thank you!—Name withheld.

Please address letters to Li Dwork, Ladies' Home Journal, 641 Lexington Ave., N.Y., N.Y. 10022. We regret that we cannot reply to every letter. We reserve the right to edit letters for publication. We cannot print a letter unless we have the name and address of the correspondent, but we will withhold this information on request.

**Correction:** In some copies of LHHJ January issue, the number for the National Coalition to Prevent Shoplifting was incorrect. The correct number is (404) 577-3437.



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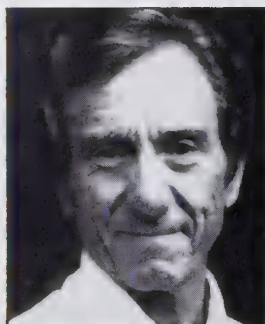


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Everybody enjoys reading about celebrities—but can you imagine the challenge of interviewing these luminaries? This month we have three super-special celebrity pieces written by journalists well-known for their insightful writing about personalities.



A.E. Hotchner



Suzy Kalter



Cliff Jahr



Margaret Hickey

**A. E. Hotchner** is the best-selling author of *Papa Hemingway* and *Doris Day: Her Own Story*. Hotchner, who also helped Sophia Loren write her autobiography, recently flew to Europe to investigate the latest trauma in Sophia's crisis-crossed life. You'll find his assessment of how she's handling her current problems on page 16.

**Suzy Kalter**, based in Los Angeles, had fun discussing cross-stitches and superstars with that "little old quiltmaker" Erma Bombeck. If Suzy ever makes a celebrity quilt of her own I know she'll include diet and exercise expert Richard Simmons. Suzy worked with Richard on his *Never-Say-Diet Book* blockbuster best seller. The enchanting results of Suzy's conversation and Erma's stitchery starts on page 79.

**Cliff Jahr**, originally from Chicago, is a longtime *LHJ* favorite. Cliff is usually responsible for those newsmaking celebrity interviews for which our magazine is so well-known. In the past Cliff has interviewed Anita Bryant, Ann Landers, Abby Van Buren, David Hartman and Burt Reynolds. He is always willing to ask anyone *anything*—which may be the secret of successful interviewing. His feature about Patty Hearst and her mother appears on pg. 50.

**Margaret Hickey**, another individual who certainly deserves your attention this month, is the *Journal's* longtime Public Affairs Editor. I'm proud to say Margaret has held this position since 1948 and in this capacity has traveled more than a million miles to keep the *Journal* up-to-date on the concerns of women all over the world. Her public affairs features have won many honors for our magazine. Margaret, who believes that every private citizen should have a public life as well, has also received appointments from seven presidents. Nowadays, between trips to Washington, Europe and the *Journal* office in New York, she lives in Tucson, Arizona. On March 14 she'll be blowing out 80 candles on her cake. Happy Birthday, Margaret! We're very proud to share a masthead with you.

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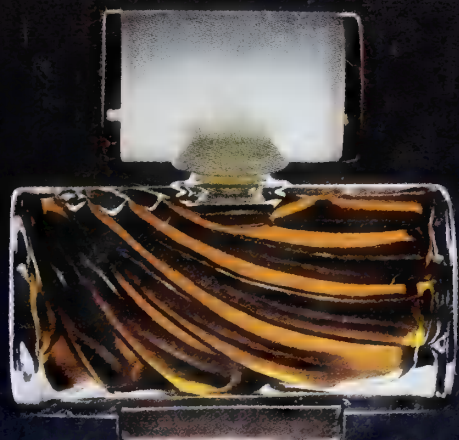
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## "We don't share the same goals"

Evie always had strong opinions, especially about money, but Greg decided he couldn't give in to her any longer. What happens when one partner starts saying no?

*This case is based on information from the files of the American Institute of Family Relations in Los Angeles, a nonprofit, educational counseling and research organization with a staff of 70 counselors. The true story reported here is drawn from the counselor's reports of interviews. Names and other details have been altered to conceal identities. The counselor this month was Dr. Edward C. Peacock, executive director of the Institute.*

### Evie's Turn

"In the past, Greg has agreed with me on just about everything," said Evie, 35, a youthful-looking redhead. "We've both always wanted lots of money, and we've worked hard and budgeted wisely. Now, finally, we have a combined income of about sixty-eight thousand dollars, which is fantastic, but all Greg wants to do is spend it.

"With inflation so high, I worry constantly over what might happen to my plans for our future. Greg doesn't worry a bit. He's developed a live-it-up-today-never-mind-tomorrow philosophy that is driving me out of my mind.

"The problem started about two years ago, when the banking chain Greg worked for in Illinois transferred him to the West Coast with a nice promotion. He jumped at the chance, and I agreed to leave Chicago. Unlike Greg, I had no job waiting for me on the West Coast, but that didn't bother him one bit, so we uprooted ourselves and made the move.

"To buy a home in California, we had to use nearly every dollar we had. Real estate prices out here are outrageous! Our three-bedroom place cost two hundred thousand dollars. In the long run, however, I'm confident we made a good investment—otherwise, I would have talked Greg out of buying.

"After splurging on the house, I naturally assumed that Greg and I would adopt a strict budget to help build up our depleted savings. I also assumed we'd renovate this house ourselves, as we've done with previous ones. By working nights and weekends, Greg and I remodeled four homes in the Chicago area over the years and were able to sell each one at a nice profit.

"Well, I've learned that this time is going to be different. We haven't made a single worthwhile improvement on our house in two years. In fact, Greg won't devote ten minutes to home maintenance, and he scorns my efforts to put us on a sensible budget. Last week he spent fifty dollars to get his hair styled! While he was basking under a blow dryer, I was up on a ladder taking down storm shutters.

"But what uses up most of Greg's time and money is a tennis club, if you can believe that! He pays a hundred dollars a month just to belong, takes lessons from the club professional several times a week at twenty-five dollars a crack and bought three tennis rackets at an average cost of one hundred fifty dollars each. He's become such a dedicated member that he was elected president last year.

"Greg's only excuse for this waste of time and money is that he works terribly hard at his job and needs exercise for his health. It's true that his health isn't perfect—he had a gastric ulcer—but our son, Timmy, and I have nervous stomachs, too. We're a high-strung family.

"Anyway, I work a lot harder than Greg does. After coming to California, I started my own computer programming company. Right now, my income is about twenty-eight thousand dollars, but I know I'll be doing much better in a few years. Despite all the aggravation of owning a demanding business, however, I don't

have to go to a fancy club for recreation. I get sufficient exercise and relaxation by keeping our house in shape and teaching Timmy how to swim in our patio pool.

"Timmy, by the way, has become entirely my responsibility. When the boy is sick—he isn't strong—I'm the one to sit up with him. Greg devotes hours to buying his own wardrobe, but recently he refused to take Timmy clothes shopping, even though the boy begged him to come along. Also, I'm the one who helps Timmy with his homework. He's having trouble in second grade, and I spend hours every evening coaching him, but Greg is always too tired to do his share.

"Greg wasn't always so neglectful of Timmy. When our son was younger, Greg couldn't do enough for him. I think my husband was as thrilled as I was when the baby was born. Doctors had said I'd never conceive because the birth control pills I had taken for years had caused me to stop ovulating. I took the pill because I wanted to be set financially before we started a family.

"Our early years together were difficult, money-wise. We married at eighteen, although my father violently disapproved of Greg. The reason was snobbishness. Greg's parents lived on the wrong side of our hometown in southern Illinois where Daddy was a civic leader. They also drank too much and staged disgraceful public brawls. Not only did my father refuse to finance a wedding for me—Greg and I eloped—but he gave the money intended for my college tuition to my two younger brothers, who never fought with him the way I did.

"My father's bitter opposition strengthened my determination to succeed. Greg and I both worked our way through college, and the hardships brought us very close. Yet even then, I was more

(continued)



# THERE'S ONE MASK THAT'S SCARY ONLY WHEN IT'S OFF.



A 90 mile per hour slap shot fired from point blank range doesn't give a goalie time to blink, much less get his glove up. Which is why the goalie mask is such an indispensable piece of equipment. Trouble is, not all goalies wear it. As a result, they're taking a serious risk, one that the American Association of Oral and Maxillofacial Surgeons feels is totally unnecessary.

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helmets—every kind of safety equipment that reduces the risk of injury. As always, prevention is the best policy.

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## **Indispensable health care for the entire family.**



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## **Write to us.**

For more information about this surgical specialty, write: *The American Association of Oral and Maxillofacial Surgeons*, P.O. Box 1024, Tinley Park, Illinois 60477.

And please, if you have a goalie in the family, make sure he wears a mask. He may not look exactly like himself during the game, but it's nice to know he will when it's over.



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## THIS MARRIAGE continued

practical than Greg. I studied accounting, a wide-open field, while my husband went into banking, an area with limited opportunities for someone with no family connections.

"For years I've been encouraging Greg to change careers. Then soon after we moved to California, he was offered a chance to become a credit manager for a machinery manufacturer. I strongly urged him to accept the job, which paid forty thousand dollars—ten thousand more than his banking position. He eventually came around to my point of view.

"I thought the new job would make him happy, but he became quite testy. We argue all the time now and have practically stopped having sex. In fact, we haven't made love in three months and the last time was a failure. Just as I was beginning to feel relaxed, Greg simply quit, saying I wasn't responsive.

"When I argued that he was the one who had lost interest, he accused me of being too money-hungry and nagging to be capable of love. With that, he turned his back to me and has refused to talk about it again.

"I don't understand these changes in Greg. Not long ago, I was a happily married woman, but now I worry endlessly about my husband's irresponsibility, about our finances and about Timmy's security. How will we be able to afford a college education for him? Above all, I wonder whether Greg and I have any future together."

### GREG'S TURN

"My wife Evie is driving me crazy," said 36-year-old Greg, a tanned, handsome man. "She's a bossy woman who wants lots of money. For most of our eighteen years together, I agreed with her on everything. Then, a couple of years ago, I finally realized I was trading my freedom for slavery.

"Ever since I was a married student, I've been working like a madman. In four years of college, Evie and I saw exactly four football games and passed up all other sports and most recreation. Once a week we went on a hike. Otherwise, we spent our time in class, in the library or at our jobs.

"With Evie sharing the load and often carrying the heavier burden, I didn't complain about my self-elected servitude. The two of us discussed every step of our master plan aimed at the big money. We never quarreled.

"But I see now that I was simply giving in to Evie's every wish. For example, I was thrilled when I received a bid from a top college fraternity. But Evie said that too much time and money would be involved, so I immediately turned down the offer.

Evie probably didn't understand how pleased I was to be invited to join such a prestigious group or how much I hated to say no. After all, she was born to privilege and I wasn't.

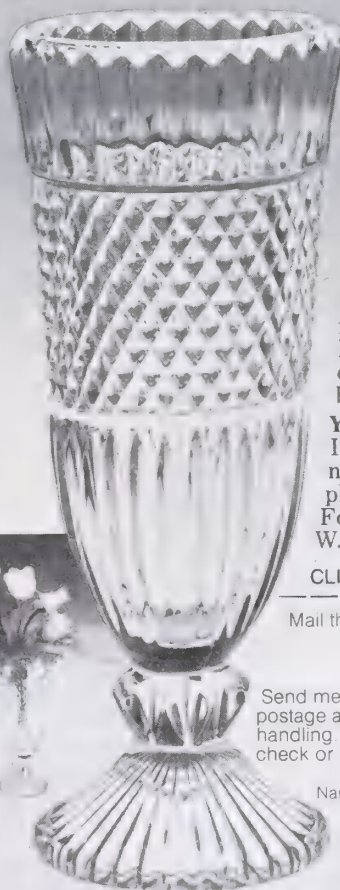
"Evie's grandparents founded the country club in our small town (population 8,000) and all her kin belonged to it. But my parents, who were the town drunks, would have been turned away if they'd applied for employment at the club's back door.

"I was amazed when I realized Evie was interested in me. She was the daughter of the town's most prominent man—a three-term mayor, the local Cadillac distributor. He was everything my pop wasn't. Evie and I didn't date seriously until senior high school,

and then we usually saw each other on the sly, an arrangement I willingly accepted. Actually, I sympathized with her father's objections to me. Today, however, my father-in-law and I are good friends; in fact, he advised me on the purchase of my last Cadillac. Of course, Evie's so tight-fisted she'd rather have me driving a used jalopy.

"Frankly, now that we're making good money, I don't intend to put up with Evie's strict budgets anymore. I consider some of my wife's thriftiness absolutely ridiculous. For instance, she buys her clothes at second-hand stores—a practice she repeatedly recommends to me. With my income, I can afford good clothes, and I need them to be effective. (continued)

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## THIS MARRIAGE

*continued*

"If Evie wants to knock herself out renovating our house, fine, but she can't con me into participating. After rebuilding four houses, I've said good-bye to paint and plaster. From here on, I want to occupy a peaceful home, not a construction site.

"Evie is also being unreasonable about the neighborhood tennis club. Timmy could be getting professional swimming instruction there, but she insists on teaching him in her own amateurish fashion at home. Although we have a family membership, Evie last visited the club a year ago when she attended the formal dinner given to honor me as the new president. Evie was polite to the other members and wore her nicest dress, but later she spoiled my pleasure by saying the women were tacky and stupid. She undoubtedly based her opinion on the fact that the majority of them were stay-at-home wives.

"Evie has no use for non-career women because she's been so successful at her own work. At the moment, I'm ahead of her in salary, but as the owner of a growing business, she's ahead of me in status.

"I'm just a hard-working nobody now. About a year ago, Evie talked me into resigning from my banking job to go into industry. As a result I lost my contacts with influential figures in the financial world. I used to travel a lot, and I'd always run into acquaintances, important people who were glad to see me. In my present slot, however, I put in a 14- to 16-hour day just sitting by a telephone tracking down debtors. As long as the pay is good, I suppose I shouldn't complain, but the job is boring and I really detest it.

"Actually, I'm so upset by the job and my life at home that I've developed an ulcer. My doctor recommended that I exercise more so I joined the tennis club and I'm definitely feeling less tense now. Evie, however, scoffs at my need for exercise. She coolly dismisses everyone's health problems, except, of course, Timmy's.

"Because we thought Evie could never have a baby, Timmy's birth seemed like a miracle, and we both spoiled him. Now he's turned into a real behavior problem. The other night I told him to pick up his books, which were scattered all over the living room. The boy threw a tantrum and then deliberately kicked over and broke my favorite lamp. The lamp wasn't worth all that much, but it was the first purchase Evie and I had made after getting married and it had great sentimental value for me. I was so furious, I aimed a swat at Timmy, but it missed by miles. He ran howling to

Evie, and she led him to his room, where I have no doubt she hugged and kissed him, offering sympathetic words about his having a brute like me for a father. She spent the whole night in there consoling him.

"I admit my relationship with my son isn't good. He and I are too distant with each other. On the other hand, Evie is too close to him. She's turning him into a crybaby and a mama's boy.

"I'm so torn by frustrations that I sometimes feel my desire for sex is less than it used to be and Evie complains about that. I don't, however, want to discuss my sexual performance with such a take-charge woman. Evie would have all the answers, and would be glad to pass them on to me. That's not my idea of pillow talk. I've had my fill of unsolicited advice on any subject you can mention from Evie."

### THE COUNSELOR'S TURN

"Evie was indeed a take-charge woman, as I discovered during my first interview with the couple," the counselor said. "The minute Evie sat down she handed me fourteen pages of typed instructions, dictated to her secretary that afternoon, telling me exactly how to cure Greg of his irresponsibilities, extravagances and paternal and sexual shortcomings.

"Greg was so angry at this unexpected assault on his dignity and my professionalism that he almost terminated counseling on the spot. But I simply handed Evie's manuscript back to her unread and made it clear that the point of our sessions was to air the grievances of both partners. Evie was startled because she was so used to being 'right' and blaming Greg for all the couple's problems, but eventually the two of them agreed to continue working with me.

"But they were as belligerent a couple as I have met in my years of counseling. The eldest in a family of three, Evie battled through her childhood to establish supremacy over her brothers and prove herself the equal of her successful, competitive father. The only child of the town drunks, Greg was forever fighting to prove that he was as good as anybody else.

"During their early years together, Evie and Greg didn't fight each other. Instead, they worked together as a team to get ahead financially. Also, for a long time Greg was so awed that Evie had married him, he went along with her wishes, even when that meant turning down the much-cherished fraternity bid, which would have given him the status he craved. After a while, however, Greg began to realize that he was working hard to please his wife, not himself.

"Evie wanted to accumulate more and more money, but Greg began con-

sidering other goals. He wanted more fun and personal satisfaction in his life as well as social status. Although Greg was genuinely happy when Timmy was born, he gradually recognized that the additional burden of supporting a child would sink him even deeper into 'slavery,' and he grew to resent the boy.

"The move to California abruptly loosened this couple's familiar patterns and they quickly turned their competitive instincts on each other. Greg refused to assist Evie in renovating their expensive new house and ignored her attempts at establishing a budget. She was able to talk him into leaving his banking job for a much less prestigious but better-paying position. In turn, he recouped his loss of status—and paid her off for the defeat—by becoming the president of the neighborhood tennis club.

"For several months of counseling, I thought this couple were too busy fighting each other to save their marriage. Then we spent a session examining their savings. The financial survey showed that they had enough liquid assets to start a substantial educational fund for young Timmy, one of Evie's concerns. It turned out that Greg had saved money and had made several safe investments. After this objective appraisal, Evie admitted that she tends to be irrationally concerned about money.

"That confession was something of a milestone for Evie. She stopped clamoring for Greg to stick to a strict budget or to help renovate the house. After much deliberation, she let Greg hire professionals to fix up the house and congratulated him on the results—without asking about the cost. While Evie still doesn't spend money on new clothes or luxuries for herself, she does visit the tennis club occasionally with Greg. She has made a few friends whom she likes.

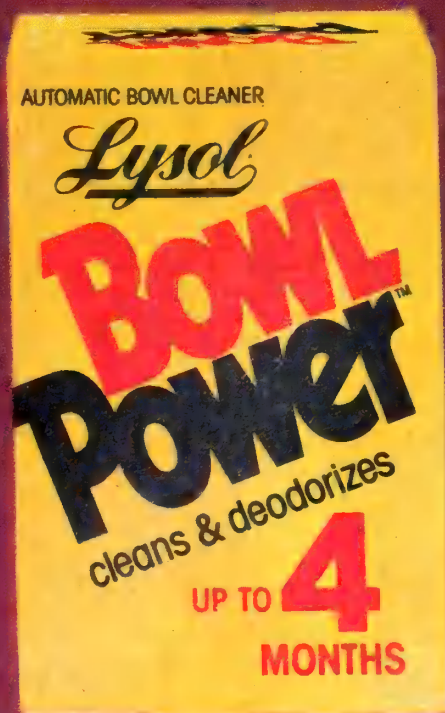
"Greg also made some changes. He began spending more time with Timmy, and their relationship has improved. He convinced Evie to let him take the boy to the club twice a week for swimming and tennis lessons. Despite his objections to his new job, Greg has decided to stay with it, at least for the time being. He is also more interested in and encouraging about Evie's business, making her realize he is proud of her.

"Greg and Evie's problems are not over. Indeed, their sexual relationship is far from ideal. Greg still shies away from discussing the subject with Evie for fear she'll be too critical. They are both working on redefining their common goals and trying to spend more relaxed time together. This way the sexual side of their marriage is likely to improve gradually, too." **End**



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***Her financial and professional security uncertain, Sophia Loren stands at a difficult crossroads in her life. But even if the present looks bleak, the actress has surprising tenacity and a faith in dreams that just won't fade.***

## ***A test of her strength***



*As striking as ever, Sophia faces hard times with courage.*

**T**he creaking of the ornate iron gates breaks the eerie silence that hangs over the once-spectacular estate. The 50-acre park, with its 16th-century villa, is deserted. There is an aura of life suspended, a pervasive sadness.

On the outskirts of Rome, hidden behind a high stone wall, Villa Marino is the former home of actress Sophia Loren and her husband, the movie producer, Carlo Ponti.

I have walked through the empty grounds of the estate, and all that remains of the exquisite

rose gardens is the stubble of neglected bushes. The aviary is empty and the exotic parrots and white pheasants are gone. Near the neglected strawberry fields, where the Pontis' two young sons used to romp in their playground, the swings hang lopsided, moving aimlessly in the wind.

Inside the villa the same uncanny silence prevails. It is a house deserted, yet the rooms are precisely as the Pontis abandoned them. In Sophia's bedroom, even her dressing table is as she left it, awaiting her return, her silver

***By A. E. Hotchner***

hairbrush and mirror neatly in their places. Carlo's room, too, has a readied appearance, as if he had just driven into Rome for the day and would be back for dinner.

Only the walls of the house are bare. The art collection, including paintings by Picasso, Braque and Canaletto, and valued at seven million dollars, has been confiscated by the Italian government in its legal assault on Carlo Ponti for "improper currency manipulation."

Now, Villa Marino is but a poignant reminder of how life once was for Sophia Loren and Carlo Ponti, when every movie he produced and every movie she acted in was eagerly awaited, not only by millions of fans, but by stars like Cary Grant and Richard Burton.

But leaving Villa Marino is not the only loss the Pontis have suffered in recent years. That loss was soon followed by a deeper pain . . . Carlo's exile from his beloved Italy.

Sophia and Carlo retreated to Paris, where they settled for a time in a luxurious triplex on the elegant Avenue George V. Recently,

*(continued on page 22)*



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however, their lives were once again interrupted. The Ponti abruptly withdrew from Paris, their next favorite city after Rome, to an apartment in a nondescript neighborhood in Geneva, Switzerland, a town more noted for its cleanliness than its culture. Ponti has given no explanation for the sudden move to Switzerland, but it is said that French tax problems were behind it. There has been speculation that the real reason is that Ponti is broke.

There are also whispers that 68-year-old Carlo is critically ill; that he has cancer. And indeed he does look suddenly older and much thinner. At the same time, there are rumors of Sophia's love affair with Dr. Etienne-Emile Baulieu.

Published photographs of them together show Sophia trying to duck the cameras.

The careers of the once-golden couple are also less than glittering today. Sophia has not made a movie since 1979's *Brass Target*, which was a box-office failure. Her movie before that, *Cassandra Crossing*, which was produced by Ponti in 1977, was also a flop. Since then, she has only appeared in a television movie.

But if Sophia is worried about her husband's health, her career or her family's transience, I have no doubt that she will find a way to cope and adjust. Knowing her as I do, I have enormous faith in her adaptability and strength. If her acting career begins to fade,

Sophia, now 47 years old, would make a skilled businesswoman. Currently, she promotes a popular Coty perfume named after her. If at some time in the future she is left alone (Carlo is, after all, 21 years her senior), she could build a new and independent life.

I have found Sophia to be a woman who lives by an admirable set of values that have sustained her through the many crises of her life (*see below*). This became apparent to me at our very first encounter, when we met to discuss *Sophia* (William Morrow, 1979), the book we wrote together.

She was nervous and, I thought, a little wary. But later, when she began to relax I realized that what I had mistaken for *(continued)*



## Sophia's Rules for Loving and Living

*Sophia Loren is a fascinating woman. But it is not her rare beauty, or her considerable acting ability that has made her attraction so enduring. Rather, it is an inner strength that makes her shine from within and gives her an amazing ability to survive even the harshest circumstances. Sophia's convictions have always helped her to overcome the obstacles in her life, and they will enable her to cope with the problems she faces today. The precepts that have governed her life make good sense. We feel that these convictions expressed in her own words, are a memorable self-portrait.*

**Be careful whom you trust, but when you trust, trust completely.** I'm a little bit like an animal. I mean, first-look for me is everything. It helps me decide whether I trust or I don't trust a person. And sometimes when I don't trust I say to myself, "You are too square with your own feelings, and maybe you should adjust your feelings better." But most of the time my first instinct has been right. When I first met Carlo I was very young, but I trusted him as soon as I saw him. The way he looked. The way he smiled.

If I am unable to trust I become insecure, and I withdraw and revert to my shy self. But if I feel I can trust, I am different. *(continued)*





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**Self-fulfillment is the most important goal in one's life.** Singleness of purpose, wanting to do something and to do it the very best you can—ah, that's what life's all about. Once I am committed to a task, I am fiercely and completely devoted to it, striving for perfection, working as hard and as long as I can to excel. If I had not had the talent to be an actress, I would have been the best teacher in my hometown or the world's best private secretary or a champion saleslady. That is because whatever I do, I do with concentration, love and patience, and these forces push me to succeed. I hope this is not misunderstood as bragadocio. It was simply born a part of me, along with my eyes, my walk and my over-measured bosom.

Every woman has to have something beyond marriage. If I were to start my life over again, I don't think it would be so important to get married. Twenty years ago, marriage was every woman's dream. It was *my* dream. But now I see a woman must have more. Otherwise, when she reaches 40 and her children are 20, what will she do? It is incredible to think that a woman would devote her whole life to being a wife and mother. There are so many other things that a woman can do if she wants—but she has to prepare herself before she reaches the age when her children are grown.

**Take chances and be willing to grow.** I am a free woman, a liberated woman on my own terms. After all these years, I am still involved in the process of self-discovery, still subject to an inner force that makes me seek even deeper satisfactions than those I've experienced. My philosophy is that it's better to explore life and make mistakes than to play it safe and not

to explore at all. The only people who never make mistakes are the ones who don't do anything. Mistakes are part of the dues one pays for a full life.

**Companionship is more important than sex.** I have always put companionship before passion. From my girlhood on, I learned that sex should come with companionship, but sex is not fundamental. At first it is, but then a new kind of relationship develops, which is better. If you can have love, sex and companionship, it's ideal. But I put companionship first because sex is like washing your face—something you *must* do. But you can't live just by going to bed with someone. Sex without love is absolutely ridiculous. Sex follows love. It never precedes it.

Back when I was struggling for parts and recognition, it would have been unthinkable for me to have gone to bed with someone in order to further my career. I believed only in myself. I tried to meet the right people, of course, but as far as getting sexually involved for this purpose, there was always a wall around me, and the men I met were aware of it.

**Make patience a priority in your life.** I have finally learned the value of patience, and to my eternal benefit I have become a very patient woman. I suppose I learned it from Carlo, who constantly admonished me to "wait five minutes" when I was starting in film and impatient to get better parts.

I have also learned to be patient about my responses, to hold back impetuous remarks, especially in my marriage and with my children. I try never to say something I will regret. Patience, patience—wait five minutes! Now I can also be resigned to a situation if I have to be, or if it is inevitable and can't be changed.

**Occasional solitude is a necessity.** I discovered early in life that I am my own best company, and I relish

solitude as a means of regenerating myself, especially if I have problems or feel sad. Even when others are in the house with me, Carlo or my children, I like to be alone; I need it. I go into the bathroom and lock myself in for ten or 15 minutes at a time so that I can be completely alone. By being alone, I deal with myself much better than if I were to seek out friends or a paid psychiatrist.

**Learn to say no.** Charlie Chaplin told me many years ago, "You have one failing you must overcome, one thing you must learn if you are to be a completely happy woman, maybe the most important lesson in living—you must learn to say no. You do not know how to say no, Sophia, and that is a serious deficiency."

He was right. It is certainly a serious failing on my part. But I don't want to upset people. I don't like to disappoint. If I were to force myself to say no, it would be harsh and unnatural. I must somehow make it a part of my nature. As it is, I only say no when I have turned a thing over and over and have developed a strong feeling that has swept away all doubt. Then nothing can deter my decision. Until then, I make compromises. If only I could make those decisions sooner. If only "no" came easier to me.

**Develop a personal religious faith.** I have always believed in the existence of a supernatural force that I could reach through prayer. But not normal prayers, by rote out of the prayer book, or spoken aloud and addressed to the heavens. My prayers are inward, silent, directed to God, who dwells within me. I do not ask for miracles or even overt assistance. What I seek is strength of believing in myself and the people around me. I firmly believe we can make our own miracles if we believe in ourselves and in our mission on earth. **End**

## SOPHIA LOREN

*continued*

shyness was really shyness. She was simple and direct in telling me about herself—about her battles to survive and to succeed (and there were many), and about her weaknesses.

"I am as insecure today as I ever have been. Everything any of us has can be lost. I love Carlo, but he could be unfaithful and have a serious affair and that would be the end of that. Can any woman be one hundred percent sure of her man? My career could take a disastrous turn. For me, insecurity is a motivation to work hard at what I am about doing.

### Always worked hard

"I have always worked hard. Nobody can ever know how I struggled to

change myself from an ignorant, unattractive peasant into a real actress, and into a valid human being."

It is unquestionable that the actress has been weaned on challenges and crises. Even her marriage to Ponti created a furor. His divorce from his first wife was not recognized by the Catholic Church, and Sophia and Carlo were obliged to marry by proxy in Mexico. "This is a concubinage," denounced the Vatican at the time, "and may be punished with excommunication." The Italian criminal prosecutor called it "bigamy and public adultery." And an outraged Italian press went so far as to suggest in print that the Pontis be stoned to death.

Neither did motherhood come easily for Sophia. Devastated by two miscarriages, she was still determined to have a child, and she spent nine

months flat on her back during each of her pregnancies. With such trials as these, it is not surprising that the Pontis valued Villa Marino as a symbol of their successes, and for the peace it provided them.

When Carlo first acquired the villa, it was in a state of ruin, but he was determined to make it the home that he and Sophia never had. For six years he bent himself to the task of restoring it to its former grandeur. Carlo indulged his passion for horticulture by bringing to Marino trees and plants from all over the world. He installed a medieval fountain that fed cascading water into the swimming pool, and he created garden niches, orchards, olive groves, walkways with canopies of grape leaves, stables and a tennis court. He even restored the

*(continued on page 120)*





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IT'S NOT EASY TO BE A WOMAN TODAY

By Haydee Mardus \*

## "An affair to regret"

*I was a student and he was my professor, the most exciting man I had ever met. He was also married—with a loving wife and two young children.*

**I** was 23 years old when I met Jay. He was the kind of man that women fall in love with: aged 35, handsome, brilliant, a wonderful sense of humor. He was also married.

I know this is the oldest story in the world, but it's mine. At the time, I was completing a master's degree in anthropology. Restless, full of hidden dreams, I wanted my life to be the stuff that best sellers are made of. Still a virgin, I had never had a serious relationship with a man, and I yearned to really grow up.

Jay was a professor of human sciences who had just arrived on campus. Within weeks, the department was flooded with a stream of transfer applications—mostly from women. I know there has been a lot of discussion lately about professors sexually harassing their students. And I'm sure this happens. But I also know that young women often try to seduce their teachers. In my case, even though I knew Jay had a wife and children, I also knew I needed him to notice me, to want me. I wasn't worried about the consequences.

I began spending hours in the library each night, researching material for his course. Soon my grades were at the top of the class. The day finally came, the payoff, the plum I'd been waiting for: Jay asked me to be his assistant.

He was compiling a research paper that, if done well, would mean major recognition in the field. Would I be interested in helping to collate and interpret the data? The hours would be long, he told me.

"When do we start?" I asked him, blushing shyly.

So, each afternoon, I rushed to his cramped little office. We spent hours there, in each other's company, and we often went out together for a drink or snack to wind down after finishing for the night.

Needless to say, we became very close during those lengthy work sessions. I certainly worked harder than I would have for anyone, and Jay's project benefited enormously from my zeal. Only later I realize Jay was also basking in adoration. He seemed endlessly fascinated by what I had to say. No one had ever encouraged me so much to talk about myself, my childhood, my goals. I felt I could speak to him about anything. Always so charming, so intelligent—so interested. I couldn't be near him without achieving. I was so in love I forgot to eat for days. My grades in other courses began to drop because I neglected my other studies. I spent less and less time with my friends.

I couldn't stand to be near anyone but Jay.

### *The question that wouldn't go away*

By the end of the first term, my project was almost completed. I was beside myself. Would this mean the end of our time together? Finish Over? I was still living with my parents at the time, and they began to nag me constantly, wanting to know why I was acting so depressed and losing so much weight.

Late one Friday afternoon, I was about to leave his office when he slammed the door shut with his fist. Suddenly I was in his arms and we were kissing. "I love you," he whispered. I was in ecstasy, too happy to ask him the question that would go away: "How can you love me when you have a family waiting for you at home?"

He took me to a small (continues)

\* All names in this story have been changed to protect the privacy of individuals involved.

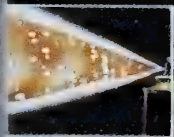


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### IT'S NOT EASY *continued*

hotel and gently made love to me. I wept uncontrollably afterward, though I'm not sure if my tears were out of pain or joy. When he told me he loved me, I imagined what spending the rest of my life with this man would be like. Yet, in my heart, I knew he would never leave his wife and children. And even though I was a willing accomplice, I knew Jay was taking advantage of me. Maybe that's the real reason I cried.

From then on, being in his classroom became painful. We had to shift back into our teacher-student roles, and our relationship was put on hold. But as frustrating as this was, it was also excit-

ing. I could hardly contain a smile each time he called on me to answer a question. I felt triumphant, proud that in a few hours the fascinating man at the lectern would be in my arms.

But keeping our affair a secret, especially in a small university town, was not easy. We had to meet at the most unbelievable hours and in the most secluded places. That made me feel cheap and tawdry. Also, I was convinced that the whole department was discussing our affair. My classmates, even the librarian, seemed to be gossiping behind my back. At one point, the rumors even reached my parents, and they confronted me one evening. I pretended to be horrified that they would think I could do such a thing, denying

everything angrily, and I think they believed me. But in my heart I suffered. I had never lied that way to them before.

Yet each day, Jay and I seemed closer. He became desperately jealous when he left me to go home. I knew that I was in love with the wrong man, but I could not put an end to the relationship.

June was fast approaching, and it was clear to me that my graduation would mean our time together was over. I clung to him. More than ever, my day revolved around hearing him ask, "Are you free tomorrow evening, say about seven?"

Then, one beautiful spring day, I saw the sight I had been dreading all these many months: his wife and two little boys walking across the campus toward Daddy. The three of them were holding hands and laughing gaily—the picture of contentment. And he held his hands out to them and smiled a smile I had never seen before.

Reality slammed a door in my face. How could I find myself caught in the middle of such a family? How could Jay behave so deceptively toward people he loved? I had no place in his life. To him I was a diversion. We were having an affair, nothing more.

That night we had our first fight. Though I could hardly stop crying, I was firm. I was tired of the hidden dates, the hidden places. I deserved more than being a shadow in his life. I wanted a relationship that would be honest, one between equals. Of course, he said he really loved me and that I was foolish. He begged me to stay. Though I had made the decision to leave him, during the next month my resolve faltered and I came running back.

When graduation day arrived, I was ready. The time had come to leave school and to leave Jay. Though my grades had fluctuated, I was still among the top ten students in the anthropology department. In addition, his paper had been a resounding success and my efforts had even been acknowledged. I had reached my goals in work, but not in love. Still at least I knew what I could never again tolerate in a relationship.

### I was luckier than I deserved

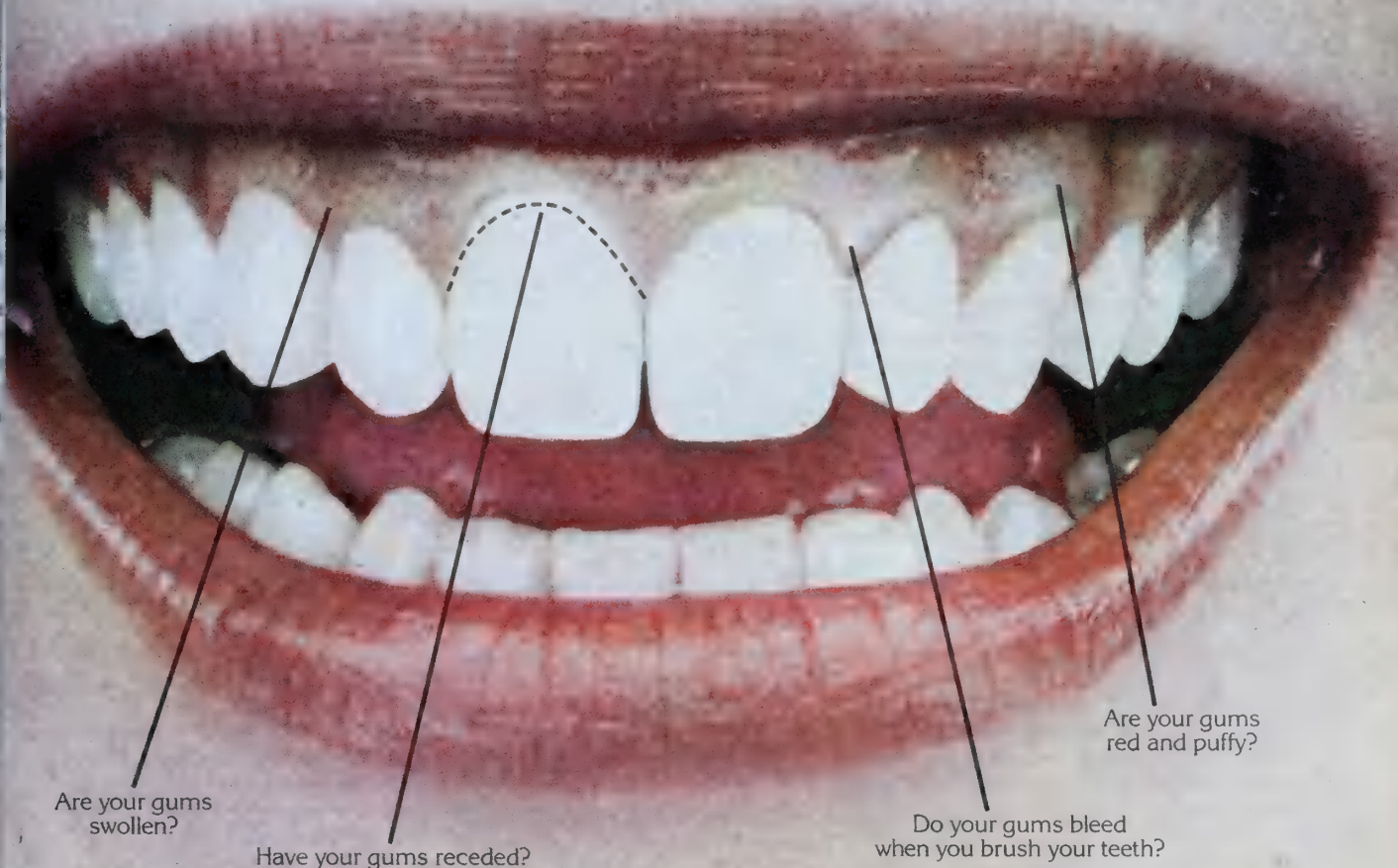
It took me three years to ease the pain. Then I met a wonderful man who asked me to be his wife. We have been happily married for ten years now, and have two beautiful children.

Sometimes when I look at my wonderful family, tears come to my eyes as I think about how wrong I was to have an affair with a married man. I know now that he took advantage of my naiveté and trust. I also know how common this type of relationship is between professors and students. I learned that even though such a relationship can be exciting, lasting love needs honesty, respect, and equality to truly flourish.

**End**



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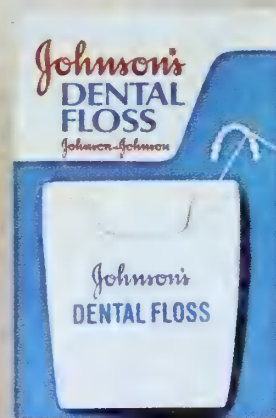
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# When Mom and Dad need help

*A complete and compassionate guide  
for you and your aging parents*

*By Greta Walker*

**If sudden illness or gradual disability made it impossible for your mother or father to live independently, would you know how to help? Very few people are aware of the many services available—some of them low-cost or even free. Skilled nurses or health aides (round-the-clock or for just a few minutes a day), transportation, meal programs and senior centers are just some of the options. Here is an update on those resources, plus advice on how to find—if necessary—the right kind of nursing home.**

**O**ne week after Sarah and Tom's youngest child started college, they received a 3:00 A.M. phone call from Tom's 83-year-old mother. She had fallen, and she needed help. Sarah was beside herself with worry during the half-hour drive to her mother-in-law's house—concerned both about what they would find there, and about future problems. "Here we were, putting three kids through college," she recalls, "and now, Tom's mother—I wanted to cry. We all loved her dearly, but what would we do if she could no longer live alone?"

Margaret, a 35-year-old mother of two living in New York, was faced with a similar dilemma a year ago when her mother died in California, leaving Margaret's 70-year-old partially paralyzed father all alone. "My husband and I flew out for the funeral," Margaret remembers. "I was in tears all the

The first concern is usually living arrangements. Where Mom or Dad should live is never an easy decision to make, since family members are very often operating out of complicated emotions that go back many years. Moreover, adult children often have enormous financial and emotional pressures in their own lives; therefore, making an objective evaluation of what is the best living arrangement for the parent as well as for the whole family is often almost impossible.

Dr. Michael A. Smyer, associate chairman of the Gerontology Center at the Pennsylvania State University, strongly advocates careful exploration of the various options before making any decision.

"It's very important," Dr. Smyer cautions, "not to have preconceived notions of what we should or shouldn't do for our parents. For example, we may say that we'd

**"I was terrified my kids would treat me like a child after my stroke. I was so relieved when they said, Mom, here are the facts. Let's discuss them."**

—An 86-year-old woman

way. Partly I was grieving for my mom, but I was also upset about my dad. How would he manage?"

For most people, there comes a time when aging parents are no longer entirely self-sufficient, and for some, when parents are completely dependent. Yet, because the subject is one people don't like to think about, most are ill-prepared to handle the situation.

never put Mom into a home when, in fact, if we checked it out with her we'd find she'd rather go into a retirement community or nursing home than to move in with her children."

The best approach, according to Dr. Smyer, is to talk to your parents *before* a crisis ever arises. But he is aware that this is easier suggested than done. (continued)

## Where to Look for Help

The following agencies and organizations can either provide services or assist you with referrals.

- **American Health Care Association (AHCA)**, 1050 17th St., N.W., Washington, D.C. 20005. The largest federation of nursing homes and allied long-term health-care facilities. Write for their free booklet, "Thinking About a Nursing Home," which includes addresses of state nursing home associations.

- **Area Agency on Aging**. They offer a variety of services and give referrals for those they can't supply. If they're not listed in your phone book, call the mayor's office.

- **Home Health Agency**. These provide home nursing care. If they aren't listed in your local telephone book, write or call the **National Association of Home Health Agencies (NAHHA)**, 205 C Street, N.E., Washington, D.C. 20002; (202) 547-7424; they offer information and referrals in your area.

- **Hospital Social Services Department**. They will refer you to skilled nursing care as well as homemaker-health aide services.


- **National Council on the Aging (NCOA)**, 600 Maryland Ave., S.W., West Wing 100, Washington, D.C. 20024; (202) 479-1200. An excellent resource on all aspects of aging.

- **Service organizations**. Such organizations as B'nai B'rith, 4H, Kiwanis and others often provide volunteer services. In addition, a member of the clergy can often help.

- **Senior centers**. Your local center can be a gold mine of information and assistance. Check your Yellow Pages under Senior Citizens' Service Organizations.

- **Social Security Administration**. Your local office is an excellent source of information on Medicare benefits and Supplemental Security Income (SSI).



A woman is shown from the waist down, wearing a short, patterned dress with a red waistband and red high-heeled shoes. She is in a dynamic pose, with one leg raised and bent. The background is plain white.

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## HELPING MOM AND DAD

continued

"Parents and children have already established ways of communicating that don't always include frank discussion," he concedes. "It may be that the parents have never discussed physical illness or serious matters of any kind with their children and can't possibly begin now. Or, the kids may be unable to deal with the situation because they can't bear to think about their parents getting older."

Which means that some families—like Tom and Sarah's or like Margaret's—put off all discussion until a crisis arises. If, when a crisis occurs, the family can communicate easily, Dr. Smyer recommends airing ideas and feelings to arrive at a joint decision. Or, the children could get together first to discuss what kind of responsibility each can handle, then offer options to the parent. "Whatever the format," says Dr. Smyer, "the more involved the parent is in the final choice, the happier he or she will be. Having that control over what happens to you is very important."

However, if friction between siblings or anxiety over the parent-child role reversal prevents rational discussion, Dr. Smyer recommends bringing in a third party. A social worker or psychologist skilled in working with the elderly can help family members deal with their emotions so they can work out a living arrangement agreeable to all. (Such professionals are generally found through senior centers, hospitals, mental-health facilities or local home health agencies.)

Frequently, both adult children and the parent opt for a nursing home—reluctantly and in spite of the fact that

round-the-clock institutional care isn't necessary. But, they reason, if someone can't always be on hand, how will they be sure that Dad takes his medicine, or that Mom isn't alone while they're at work all day?

In fact, a number of alternatives exist. The trouble is, most people have either never heard of them or don't know how to hook into them. There are a variety of at-home services for the elderly, as well as such things as adult day care and even a few overnight centers where a person could stay for as long as several weeks. Some of the services are admittedly costly, but others are very inexpensive or even free, and still others are covered by Medicare, Medicaid or health insurance.

Most of the public funds for services for the elderly are parceled out by state and local government agencies, while some are provided by private volunteer organizations, so services will vary from community to community (see *Where to Look for Help*, page 30).

### In-home services

**Chore service:** Home-maintenance services (lawn-mowing, putting up storm windows, etc.) are usually community-funded, so the fees are generally low. As a rule, these are performed by other elderly people still able to do light manual work, but young people are also recruited for the program.

**Escort and transportation services:** Elderly parents are often quite capable of engaging in activities outside the home even if they can no longer drive or they find public transportation difficult. The problem is getting to those activities when family is unavailable.

To alleviate the situation, some com-

munity agencies have begun to provide escort services for the elderly. A volunteer will take them to their destination, then pick them up again when it's time to go home. Transportation service, as it is called, differs from escort service in that it's geared primarily toward the elderly who are disabled. It's frequently listed in the phone book under such names as Dial-a-Bus or Dial-a-Car.

**Friendly visiting:** This service is often provided by a church group, college students, fellow union members or another elderly person. The visitor calls regularly one or more times a week to read aloud, play cards, (continued)

## Financial Assistance

It's important to understand that you have to apply for financial assistance—you don't automatically receive it simply because you are eligible. The various processes can be full of mind-boggling complexities. Most people—even those in the field—say it's essential to get professional help (at, for example, a senior center or nursing home). The two most common sources of financial aid are Medicare and Medicaid.

Medicare is federally funded health insurance, available to anyone 65 years or older. There are a great many restrictions covering Medicare, but they remain constant from state to state. For a patient in a Medicare-certified SNF, for example, the program will pay all allowable costs for the first 20 days. After that, it will cover a portion of the costs up to 100 days (all daily allowable costs except the first \$18, which the patient pays).

Medicaid is a program jointly funded by the federal and state governments to finance health care for people of all ages whose income and assets are limited. Each state administers its own program and thus has its own income guidelines, state residency requirements and regulations about property transfers and availability of income. Some states are very rigid on their income requirements, while others will make exceptions for individuals with high medical expenses.

If you are thinking in terms of a nursing home, remember that only ICF or SNF facilities that are specifically Medicaid-certified are eligible for these funds. To find out what Medicaid assistance you can expect to get in your state, call your state Department of Welfare, Department of Health or Department of Human Resources.

Chicago when her mother died in California, leaving Margaret's 70-year-old partially paralyzed father all alone. "My husband and I flew out for the funeral," Margaret remembers. "I was in tears all the

before making any decision.

"It's very important," Dr. Smyer cautions, "not to have preconceived notions of what we should or shouldn't do for our parents. For example, we may say that we'd

**"I was terrified my kids would treat me like a child after my stroke. I was so relieved when they said, Mom, here are the facts. Let's discuss them."**

—An 86-year-old woman

way. Partly I was grieving for my mom, but I was also upset about my dad. How would he manage?"

For most people, there comes a time when aging parents are no longer entirely self-sufficient, and for some, when parents are completely dependent. Yet, because the subject is one people don't like to think about, most are ill-prepared to handle the situation.

never put Mom into a home when, in fact, if we checked it out with her we'd find she'd rather go into a retirement community or nursing home than to move in with her children."

The best approach, according to Dr. Smyer, is to talk to your parents *before* a crisis ever arises. But he is aware that this is easier suggested than done. (continued)



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## HELPING MOM AND DAD

*continued*

chat, do a little mending, write letters—or just sit and listen.

**Meals on Wheels:** One of the biggest worries for families whose parents are living alone and are housebound (temporarily or permanently) is whether they'll eat properly. Fortunately, a program called "Meals on Wheels"—originally intended to feed the very poor—now brings meals into the homes of the elderly poor and the elderly disabled.

Funded by the federal government and private contributors, and operated locally by voluntary organizations, the cost of a home-delivered meal varies

from community to community. In Baltimore, for example, two meals a day for five days a week costs from \$17.50 to \$27.50 a week; in Fort Worth, the fee is from \$15 to \$18 per week. As a rule, fees are based on ability to pay, and no one is denied a meal for lack of money.

**Homemaker-health aide services:** This service could mean the difference between your parent's having to go into an institution and being able to live alone or with a family member. Homemakers can take on the responsibility of running the house, and they are specifically trained to work with the elderly. A health aide is able to take over minor health needs and may even assist with household chores.

Fees depend on whether the service is provided by a public voluntary (nonprofit) agency or proprietary (profit-making) agency. They may range from as little as \$5 an hour to as much as \$12 an hour. Under certain circumstances, costs are reimbursed through Medicare, Medicaid or private insurance; more usually, the cost comes out of your own pocket.

Remember that homemaker-health aides are not licensed, so there are no official standards. If you find your parent doesn't have all the qualifications you need, by all means request someone else.

**Skilled nursing services:** A skilled nurse—either an RN or an LPN—comes to the home of someone who needs regular supervision for a few minutes or a few hours daily, or for a few times a week. Also, if your parent is recovering from an acute illness, you can get round-the-clock care for a limited period of time. The nurse makes sure the elderly person takes prescribed medicine, carries out other physician orders, offers nutritional guidance, helps in the management of the household and generalizes to the individual's emotional and physical well-being.

Most local visiting nurse groups are run by voluntary organizations and the fees will vary according to the area you live in and your ability to pay. Fees may be reimbursable by Medicare or Medicaid, but the nurse must be an RN.

**Telephone reassurance program:** When distance makes daily visits difficult, telephone calls to your parent out the question, volunteer and commercial telephone checking services can fill the gap. For a moderate fee, they make a prearranged call each day to an elderly person. If the phone is answered, the caller immediately notifies a neighbor or the police or the department and asks them to check things out in person.

## Services away from home

**Congregate meals:** Funds for low-cost, nourishing meals for anyone 60 years or older are provided for under the Nutrition Program for the Elderly, as well as from private sources. The meals are served five days a week at community and senior centers, schools and churches. A contribution is often asked for, but no one is ever turned away.

**Senior centers:** These centers can be a home away from home for an elderly parent. Many centers provide—and offer other things—meal programs, educational facilities, legal services, health care, financial counseling for the elderly member and family, transportation services and assistance in applying for Medicaid, Medicare, (continues)



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## HELPING MOM AND DAD

*continued*

Supplementary Security Income (SSI) or health insurance. And, for an out-of-town child, the center can be the most reliable source of information about a parent and his or her needs and state of health.

**Adult day-care centers:** Joyce Leanse, director of the National Institute of Senior Centers, emphasizes that the senior center is for the elderly person who is active, while the day-care center provides a protective setting for a parent who has some impaired function but who doesn't require round-the-clock care. Adult day care is particularly helpful if Mom or Dad needs a place to go when the family must be away for the day. The centers provide a skilled staff, hot meals and recreational facilities. Some also offer round-trip transportation. And, for a temporarily or permanently disabled parent, day hospitals are sometimes connected to nursing homes, clinics or hospitals.

In some states, Medicaid and Medicare will help pay for day-care services, as will some insurance companies. The day-care center will guide you on that subject.

**Overnight respite care:** Only a handful of places offer overnight or weekend care for an elderly person. Such care is usually provided by nursing homes for people in need of daily medical attention.

But a model for what can be done outside the institutional setting opened last year at the Tempcare Academy for Gerontological Education and Development in New York City. A privately funded, state-certified non-profit shelter is housed in a large building, along with a senior center. For \$25 a day, anyone over 60 years old can stay for up to 30 days. Residents must be fairly independent, as the shelter offers no medical, nursing or convalescent care. But there are scheduled meals, a full recreation program and an administrator on 24-hour duty.

### Nursing homes

It may be that the only possible living arrangement—sometimes temporary, sometimes permanent—for Mom or Dad is some type of nursing home. Most of us—parents and adult children alike—have an unfortunate and often unwarranted prejudice against this option: Mom or Dad doesn't want to be stashed away, and the children certainly aren't eager to see a parent live out his or her life in a grim, institutional setting.

The fact is, however, that many nursing homes are attractive, well-staffed and treat their residents with

kindness and compassion. Moreover, there are different categories of nursing home to choose from, depending on the needs of your parent. If you foresee a nursing home in the picture one day, it's a good idea to start investigating at least a year in advance. Good nursing homes are in great demand—and nobody needs the kind of emotional upset that a frantic last-minute search is sure to evoke. In addition, a more leisurely approach will make a better choice possible.

The first step is to determine—along with your parent and your parent's doctor—which of the three types of nursing homes would be most suitable. Bear in mind that in order to participate in Medicaid, Medicare and other government-funded programs, the home you choose must be government-certified.

**Residential Care Facilities (RCF):** This non-medical institution is a logical solution for the elderly person who can no longer maintain his own residence but who is still able to get about fairly easily. Residents are free to come and go as they please and are provided with minimal personal care (help with bathing, dressing or taking medicine). Some homes also provide recreational facilities and social services. As a rule, the RCF is not permitted to offer medical care.

Some of these facilities are licensed, some are not. If you plan to apply for state financial aid, be sure to choose a licensed facility (RCF's aren't eligible for Medicaid or Medicare, but some states offer funding through SSI). The

average fee at an RCF is \$20 per day, with a range of between \$10 and \$40. In addition, some facilities require an entrance fee of anywhere from \$10,000 to \$50,000 (as a guarantee of lifetime service, even if you run out of money) plus a monthly living fee.

**Intermediate Care Facilities (ICF):** These state-licensed homes offer some health-related care, geared to the elderly who have chronic but non-critical health conditions. A part-time RN consultant is required, and an LPN must be on duty. The very good homes will generally exceed this minimum requirement. The ICF is eligible for Medicaid. Fees range between \$15 and \$70 a day, with the majority in the \$20 to \$35 range.

**Skilled Nursing Facilities (SNF):** As the name implies, this type of home provides 24-hour nursing service for convalescent patients. Nurses (RN's, LPN's and nurses' aides) provide services prescribed by the patient's physician. Again, the better the facility, the more nurses on staff. Physical, occupational and other therapies are also offered. The SNF is eligible to participate in both Medicaid and Medicare programs. The average fees are between \$20 and \$80 a day, with most in the \$25 to \$45 range.

People often fear that if an unsatisfactory choice has been made, there's no turning back. But, no choice need be irrevocable, says Dr. Smyer, who advocates a trial period. Your parent should be able to try out a particular institution on a day basis for a time

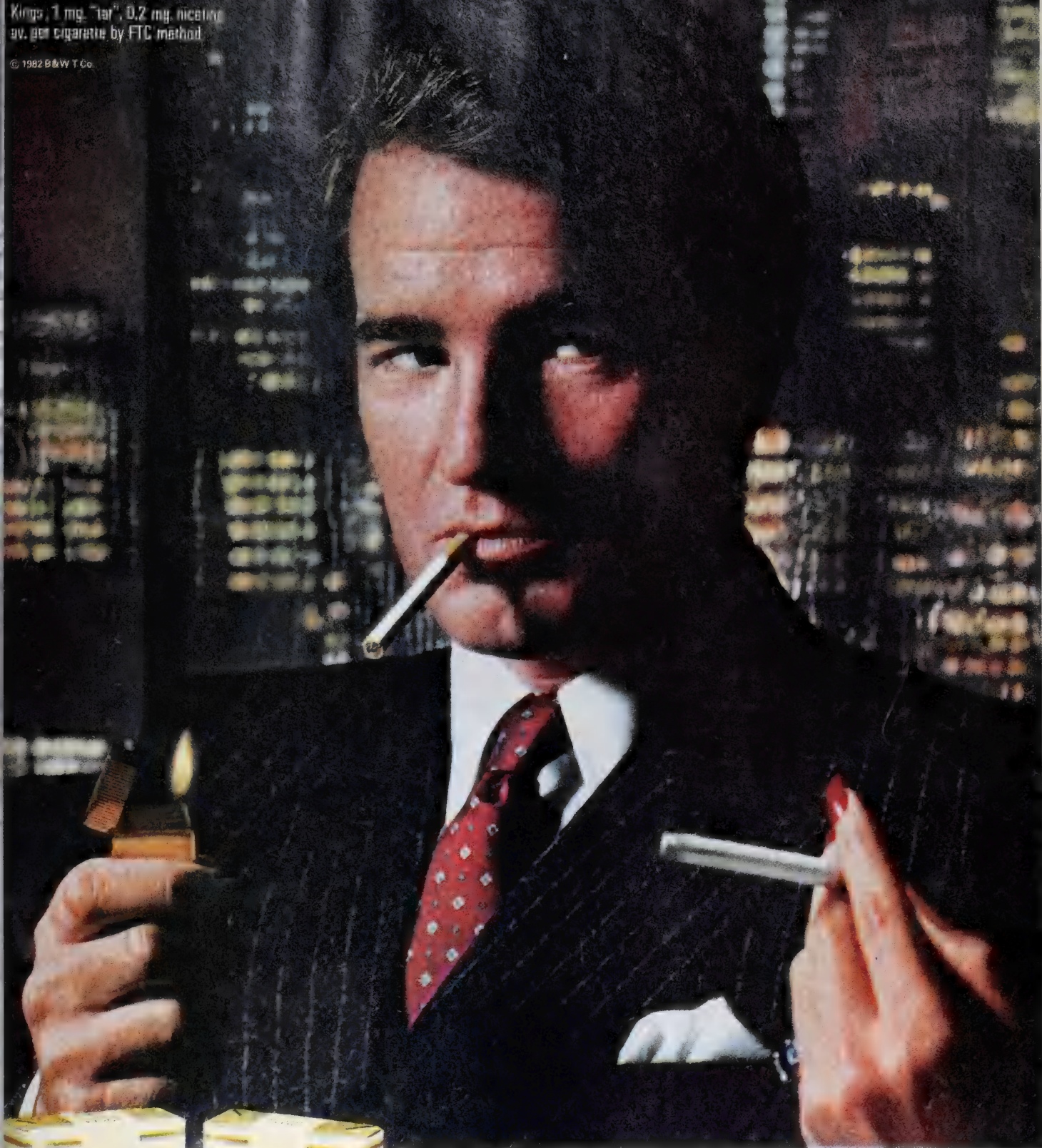
*(continued on page 145)*





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# Super Quick Meals Easy as 1-2-3

Pressed for time? Get back on track with our tasty recipes for 4.



GROUND BEEF

1

**Sloppy José.** In large skillet brown 1 lb. ground beef and a chopped onion. Pour off drippings.

**Pizza Casserole.** In 2-quart flameproof casserole, brown 1 lb. ground beef. Pour off drippings.

**Hamburger Soup.** In a large saucepan brown 1 lb. ground beef. Pour off drippings.

2

Add an 8-oz. bottle of taco sauce, 4-oz. can of drained chopped green chilies and  $\frac{1}{4}$  tsp. salt. Simmer 8 to 10 minutes.

Add  $\frac{1}{4}$  lb. sliced mushrooms to casserole. Cook about 10 minutes. Stir in a 12- to 14-oz. jar of pizza sauce.

Stir in two 10½-oz. cans vegetable soup (undiluted), one 8-oz. can tomatoes,  $\frac{1}{4}$  tsp. thyme and  $\frac{1}{8}$  tsp. pepper. ■

3

For each serving, spoon mixture over  $\frac{1}{2}$  cup crushed corn chips and top with  $\frac{1}{4}$  cup grated Cheddar cheese.

Top with 1 cup croutons and 1 cup shredded mozzarella cheese. Bake in a preheated 400°F oven 10 minutes.

Bring to a boil. Then stir in  $\frac{3}{4}$  cup milk. Heat through, stirring constantly, about 2 to 3 minutes.



FROZEN BROCCOLI

1

**Oriental Broccoli.** In medium saucepan sauté 1 medium sliced onion in 1 Tb. oil until translucent.

**Broccoli Benedict.** Prepare a 10-oz. pkg. frozen Welsh rarebit according to package directions.

**Broccoli Salad.** In large bowl combine  $\frac{3}{4}$  cup sliced fresh mushrooms and one small sliced red onion.

2

Add a 10-oz. pkg. of frozen broccoli spears (halved crosswise) and 1 Tb. soy sauce. Cover and cook 5 minutes.

Split, toast and butter two English muffins. Cook a 10-oz. pkg. frozen broccoli spears according to directions; drain.

Add a 10-oz. pkg. frozen broccoli spears, thawed, well drained and halved crosswise.

3

Stir in 1 cup bean sprouts; heat through.

Heat 4 slices Canadian bacon. Top each muffin half with one slice bacon, broccoli spears and 4 to 5 Tb. rarebit.

Combine  $\frac{1}{2}$  cup bottled oil and vinegar dressing and  $\frac{1}{4}$  tsp. Dijon mustard. Pour over vegetables and toss to coat.



PLAIN YOGURT

1

**Dill Sauce.** Finely mince 2 Tb. onion and 2 Tb. parsley.

**Peach Smoothie.** Cut a 3-oz. pkg. cream cheese into chunks and put into blender container.

**Chilled Borscht.** Chop 1 Tb. onion and purée in blender container with a 16-oz. can of beets, undrained.

2

Combine with 8-oz. container plain yogurt,  $\frac{1}{2}$  cup mayonnaise,  $\frac{1}{2}$  tsp. dried dill weed and  $\frac{1}{4}$  tsp. salt.

Drain a 16-oz. can peaches in heavy syrup, reserving 3 Tb. syrup. Blend fruit, syrup, 1 Tb. dark rum until smooth.

Add an 8-oz. container plain yogurt,  $\frac{1}{2}$  tsp. salt and dash of pepper. Cover and blend just until smooth.

3

Serve over fish, hamburgers, cooked vegetables or green salad.

Stir in an 8-oz. container plain yogurt. Pour into 4 dessert dishes; chill in freezer 25 minutes.

Chill in freezer for at least 20 minutes. Stir before serving.



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# A ST. PATRICK'S DAY PARADE . . . OF GREAT IDEAS

**This St. Patrick's Day we wish you the luck o' the Irish . . . the gift of the blarney . . . the treasures of the leprechaun—and to help you do this, we bring you some Irish traditions. Bake our delicious Irish soda breads for a hearty winter treat . . . and celebrate St. Patrick's Day with a proper afternoon tea. Then, snuggle up in the authentic Irish fisherman sweater you will learn to knit on these pages. Erin go bragh!**



## IT'S HIGH TIME FOR TEA

What's low in calories, costs pennies to prepare, is trendier than white wine and relaxes and refreshes all at the same time? Why, a freshly brewed pot of tea, of course!

With many a concerned eye cast on caffeine and tea sales going through the ceiling, it looks like more and more coffee quaffers are switching to its less-caffeinated counterpart, tea. While tea does contain some caffeine, it has half as much as coffee.

Not so long ago, Americans associated tea with colds, sore throats and headaches, and they made their tea only with bags. But now more and more are learning to enjoy blended and specialty teas. Tea is thought to have good conversation-starter properties, and "teatime" is fast becoming a pleasant alternative to the high-in-calories cocktail hour.

Traditional four o'clock teas (with crumpets and all the trimmings) can now be enjoyed in top-billed hotels across the country: the Helmsley Palace and the Carlyle Hotel in New York City, the White Hall and Mayfair Regent in Chicago, the Four Seasons in Washington, D.C., the Mansion in Dallas and the Clift Hotel in San Francisco (and don't miss San Francisco's new, authentic tea parlor, Water's Upton).

But one need not find a fancy hotel to partake of the pastime; there's nothing more elegant or cozy than a pot of tea and the company of friends enjoyed right in your own home. And what better way to entertain? Unlike the demands of a full-course dinner, tea requires little more from the hostess than a welcoming smile

and enough tea to go around. It's easy on the budget, too. Following are facts about tea plus how to brew it from renowned tea authority Samuel H.G. Twinings, the ninth generation of the world's oldest tea family, the Twinings of London.

The three tea types—green, brown and black—all come from the same plant, the *Camellia Sinesis*. But what accounts for the differences in the teas' final flavor is the degree of fermenting of the leaves. While all tea is fired (heat-dried), *green tea*, the most ancient of the three and still the ceremonial tea of Japan, is made of leaves that are not fermented before firing. *Brown tea* is only partially fermented before firing, while *black tea*, the type Westerners know best, is completely fermented before firing.

The three tea groups all have sub-varieties, but black tea has the most. The blacks from China are the most delicate. These include teas that are available today under such names as *China Black*, *Prince of Wales*, *Russian Caravan* (so named in the 17th century when the tea was carried by caravan over the Gobi Desert into Russia), *Jasmine* (which is black tea mixed with the essence of jasmine flowers) and *Lapsang Sou-chong*.

Black teas from India vary from the mellow large-leaved *Darjeelings*, which are favored by many tea connoisseurs, to the bright-flavored leaves of Ceylon (Sri Lanka), used in such blends as *Orange pekoe* ("Pekoe" always refers to the leaf size), to the small, full-bodied leaves that are grown in southern India, which make such hearty teas

as *Assam* and *Irish Breakfast*.

Like wine, the quality of these leaves will vary considerably with the "tea garden" in which they grow, the vagaries of weather and the relative youth of the leaf when picked.

To get the full flavor of the tea, taste it "neat" ("black" without lemon or milk and sugar). Then, if you like, add milk (never cream, for it will overpower the tea), or lemon and sugar to taste. As a rule, the green, spiced or scented teas (*Earl Grey*, *Jasmine*, *Lemon*) are not best taken with milk, though lemon may be added. The black teas, though, are delicious with milk. (For a free tea sampler plus a complete listing of teas and serving suggestions, send a stamped, self-addressed envelope to Twinings Tea Guide, Suite 412, 509 Madison Avenue, New York, N.Y. 10022).

Now for the brew. Place loose tea (or infuser) in a *warmed* teapot, preferably one made of porcelain, earthenware, glass or silver (avoid tin, cast iron and aluminum, which impart a metallic taste to the tea). Pour freshly boiling water over the tea—about one teaspoon tea per cup of water plus one teaspoon tea for the pot. Close lid and allow tea to brew for three to seven minutes (small-leaf teas require less time and large-leaf teas require more). If you prefer your tea "weak," Twinings recommends that you brew the tea completely and add more water afterward.

If you are using tea bags, the same rules apply, although tea bags require less brewing time since the leaves are in "dust" form. Serve tea immediately after brewing, (continued)





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## ST. PATRICK'S DAY

continued

preferably in a 5½-ounce tea cup. Says Beryl Walters of the Tea Council of the U.S.A.: "Tea somehow just doesn't taste as good in a mug."

If stores in your area do not carry a complete selection of specialty teas, send for these fine tea-suppliers' catalogs and price lists:

• McNulty's Tea & Coffee Company, 109 Christopher Street, New York, NY 10014.

• O.H. Clapp and Company, 47 Riverside Avenue, Westport, CT 06880.

• Uwajimaya, Box 3003, Seattle, WA 98114.

• Zabar's, 2245 Broadway, New York, NY 10024.

And if you'd like to read up on teas, *Teas of the World* by Nancy Woodward (Macmillan, \$7.95) is an excellent source.

## PERFECT IRISH SODA BREAD

*Irish chef Maurice Moore-Betty knows a few old family recipes . . . and he's agreed to share his favorites with you. Moore-Betty, whose latest book is Cook It Now, Serve It Later (Bobbs-Merrill, \$14.95) is the owner-operator of The Civilized Art cooking school in New York City.*

Ask any Irishman—or woman—for a favorite Irish Soda Bread recipe, and you'll be assured you're getting the very best recipe in all of Ireland!

And sure enough, when we asked chef Maurice Moore-Betty, a native of County Fermanagh, Northern Ireland, for his family's favorite bread, he promised it was the tastiest you can get.

Whichever family favorite you follow, steamy-hot, fresh-from-the-oven Irish Soda Bread will carry you over from March's wintertime beginning to its springtime end. Best of all, these yeast-free breads can be made as fast as you can say, "leprechaun."

"There's nothing to it," says Moore-Betty. "You just put it together and stick it in the oven!"

As you may have guessed, baking soda is the leavening agent for these simple-to-assemble loaves—and combined with buttermilk, which contains acid, the chemical reaction is similar to yeast.

Moore-Betty's earliest memories of his native bread date back to his childhood in Ireland, where his favorite breakfast was a soft-boiled egg with butter, salt, pepper and broken-up soda bread "all jumbled together." Now Moore-Betty claims, "There's nothing quite like a soda bread straight from the oven with fresh, sweet butter."

Try soda bread, too, with plenty of sweet preserves as an accompaniment to afternoon tea.

Following are the Moore-Betty family's best recipes for two traditional loaves (white with raisins or currants and whole wheat), plus a little-known bread made with cornmeal. Try them all.

## WHITE SODA BREAD

4½ cups all-purpose flour  
1 teaspoon baking soda  
1 teaspoon salt  
2 tablespoons butter  
2 cups buttermilk  
1 cup dark, seedless raisins or currants (optional)

## WHOLE WHEAT SODA BREAD

4½ cups whole wheat flour  
2½ cups all-purpose flour  
1½ teaspoons baking soda  
1½ teaspoons salt  
2 tablespoons butter  
3½ cups buttermilk

## GOLDEN DROP SODA BREAD

*This unusual recipe was developed during the Irish famine of 1848 when a relief supply of Indian corn was shipped from the United States to Ireland. No one knew what to do with this "strange grain, hard as bullets," until finally, it was ground like wheat and turned into flour.*

2½ cups cornmeal  
2½ cups all-purpose flour  
1 teaspoon baking soda  
1 teaspoon salt  
2 cups buttermilk

*Method for all three soda breads:*

Preheat oven to 375°F. Mix dry ingredients. With fingertips rub in butter (except in the Golden Drop Soda Bread) until there are no lumps. With wooden spoon stir in buttermilk. Add raisins or currants to White Soda Bread if desired. Mix well to form a soft dough.

Turn out onto floured board and knead lightly, about 60 turns. Form a cake 6 to 8 inches in diameter and 1½ inches thick. Place on greased baking sheet. Cut a deep cross on top. Bake 50 to 60 minutes until a toothpick inserted in the center comes out clean. Allow to cool a little on wire rack, then wrap in clean damp tea towel. (This keeps the crust soft.) Of course, if you can't wait, enjoy the bread piping hot with butter.

—DOROTHY ANN GLASSER

## GOING ON THREE

By May Richstone

*Wonder shining  
In her eyes,  
She tries all new things  
On for size,  
New worlds she's eager  
To express  
Mamma's shoes—  
And naughtiness.*





## THE MAIDENFORM WOMAN. YOU NEVER KNOW WHERE SHE'LL TURN UP.

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## P.S. 4



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**MAZOLA® 100% PURE CORN OIL.**



# WHO COOKS UP THE BEST LOOKING MICROWAVE COOKWARE?

## CLASSIC IRISH SWEATER

*continued*

**Back:** With smaller needles, cast on 94 sts. Work in k 1, p 1 ribbing for 2½". Inc 1 st at end of last row. Change to larger needles. Beg Pat: work across—11 sts Pat 3, Pat 2, Pat 1, Pat 2, 19 sts Pat 3, Pat 2, Pat 1, Pat 2, end 11 sts Pat 3. Work even in pattern as established until 13¼" (15") from beg.

**Armholes:** Bind off 5 sts at beg of next 2 rows. Dec 1 st each end every other row 3 times (79 sts). Next row: k 3, work in established pattern to last 3 sts, k 3. Next row: k 2, yo, skp, work in pattern to last 3 sts, yo, k 2 tog, k 1. Rep last 2 rows until armhole measures approx. 7½". End with Row 12 of Pat 1.

**Shoulders:** Bind off 8 sts at beg of next 4 rows, then 7 sts at beg of next 2 rows. Place rem 33 sts on holder for neck.

**Front:** Work as for Back until approx. 3¼" above beg armhole. End with Row 8 of Pat 1.

**Neck:** Work across in established pattern for 36 sts. Place center 7 sts on holder. Join yarn and work across in pattern for rem 36 sts. Work both sides at the same time. At each neck edge dec 3 sts once, 2 sts twice and 1 st 6 times. *At the same time*, when front measures the same as back to shoulder (Row 12 of Pat 1), work shoulder. At each armhole edge, bind off 8 sts twice, 7 sts once.

**Sleeves:** With smaller needles cast on 40 sts. Work in k 1, p 1 ribbing for 2½". Inc 13 sts, evenly spaced across last row. Change to larger needles. Beg Pat: work across—13 sts Pat 3, Pat 2, Pat 1, Pat 2, end 13 sts Pat 3. Work in pattern as established. *At the same time*, inc 1 st each end every 6th row 14 times (81 sts). Work even to approx 17" (18½"). End with Row 6 of Pat 1.

**Cap:** Bind off 9 sts at beg of next 2 rows. Dec 1 st each side every other row 7 times (49 sts). End with right side row. Next row: P 2 tog 12 times, p 1, p 2 tog 12 times. Bind off rem 25 sts.

**Neckband:** Sew right shoulder seam. With right side facing and smaller needles, pick up 22 sts on neck edge, 7 sts from front holder, 22 sts on other neck edge, then 33 sts from back holder—84 sts. Work in k 1, p 1 ribbing for 1¼". Bind off loosely in ribbing.

**Finishing:** Sew neckband and left shoulder seam. Sew side and sleeve seams. Set in sleeve with point of diamond at shoulder seam.

**Embroidery (optional):** With 2 strands Emerald Green yarn, embroider 4 Lazy Daisy sts in center of each diamond to form four-leaf clover.

**End**

### ST KEY

□ Knit (blank space)

● Purl

○ Yarn over

▲ SKP (sl 1, k 1, pss0)

↖ K 2 tog

↘ Sl 1, k 2 tog, pss0

↗ Sl 1 front

↖ Sl 2 back

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**CORNING**  
**MICROWAVE**





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## MEDINEWS

**Exciting new discoveries are being made every day in the field of medicine. This column will help keep you up-to-date, so your family can stay their healthiest.**

**By Beth Weinhouse**

### POISON PREVENTION TIPS FOR MOTHERS: BE CAREFUL WHEN POWDERING YOUR BABY

Poison Prevention Week is observed every year during the third week in March, so now's a good time to make sure your home is poison-free. If you think you've done everything possible to protect your children from accidental poisoning, consider this: Even baby powder can be hazardous if misused or inhaled.

Doctors at the Poison Control Center in Nassau County, New York, recently described children's reactions to inhaling baby powder: These ranged from coughing and sneezing, to respiratory problems and pneumonia.

Be sure that when you use powder on your children you sprinkle lightly,

so there's no cloud of it for babies to inhale. And don't let your children play with the containers—some resemble nursing bottles and infants love to play with them. The safest bet is to keep it out of children's reach.

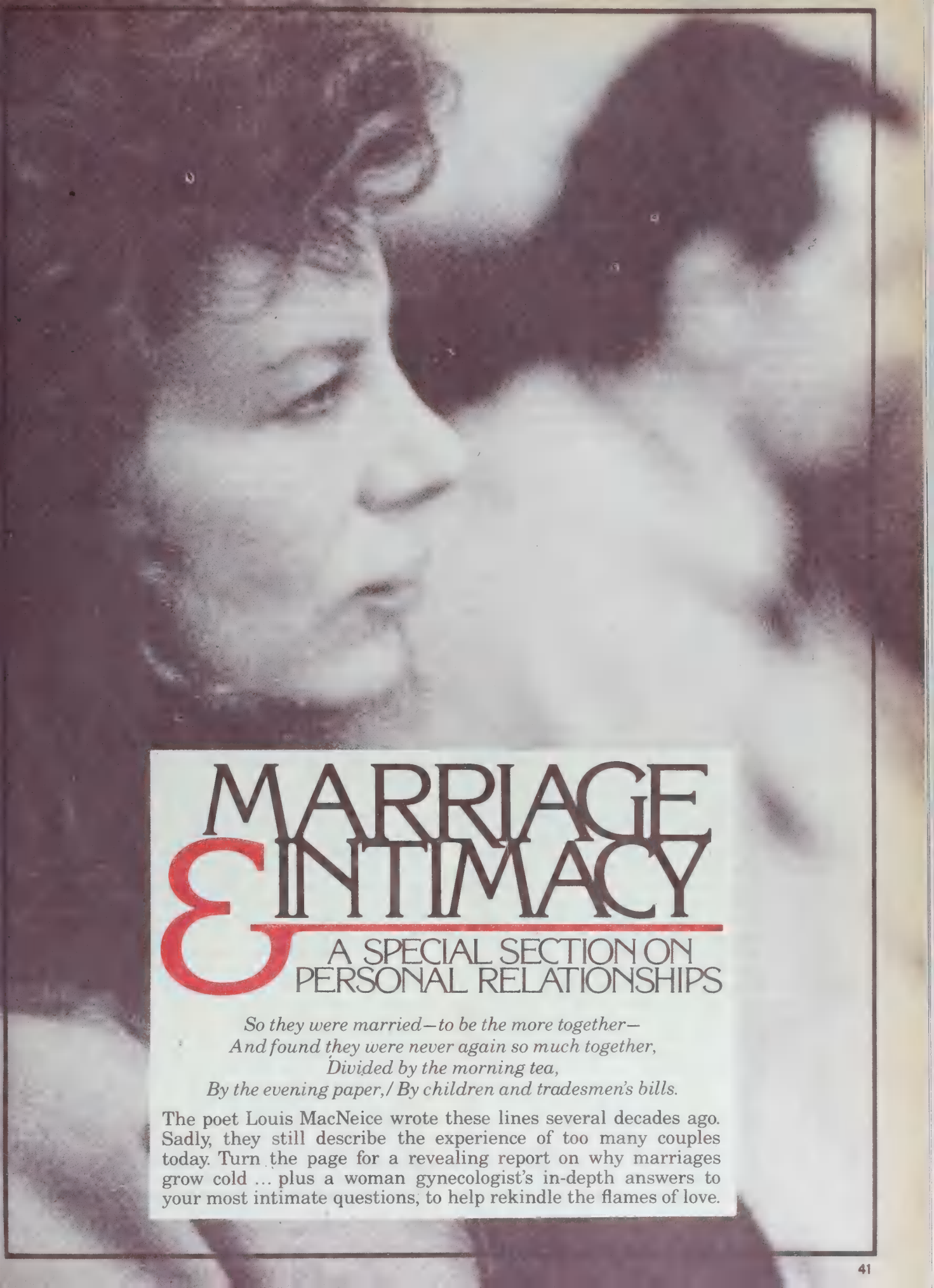
### \$1.98 OF PREVENTION— A LIFETIME OF CURE

Stress is a major cause of illness in America today. Now, Dr. Gershon Lesser, a clinical instructor of medicine at the University of Southern California, has developed a simple technique that anyone can use to prevent everyday tension. All you need is a common room thermometer.

"Hold the bulb of the thermometer between your thumb and forefinger," explains Dr. Lesser. "If the surface temperature in that part of your body registers 88°F. or below, you're in a stress condition."

"If you find yourself in that state then imagine that you're putting your hands in hot water. By practicing this mental exercise for about ten minutes, four times a day, you'll eventually be able to raise your hand-surface temperature reading to 92°F. or so. That means you will have 'willed' yourself into a state of health-inducing relaxation."





# MARRIAGE & INTIMACY

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A SPECIAL SECTION ON  
PERSONAL RELATIONSHIPS

*So they were married—to be the more together—  
And found they were never again so much together,  
Divided by the morning tea,  
By the evening paper,/ By children and tradesmen's bills.*

The poet Louis MacNeice wrote these lines several decades ago. Sadly, they still describe the experience of too many couples today. Turn the page for a revealing report on why marriages grow cold ... plus a woman gynecologist's in-depth answers to your most intimate questions, to help rekindle the flames of love.





*"Throughout my marriage I've had one consuming passion after another, but it's never been my husband. From the beginning, I felt a distinct emptiness. My husband and I never talked about anything personal or important, and our sex life has steadily deteriorated over the nine years we've been married. At first, I filled myself—literally—with two pregnancies, then with motherhood and with being the conscientious friend, daughter and hostess. I play every role comfortably . . . except wife"—a 29-year-old housewife and volunteer worker.*

More puzzling than divorce—and ultimately more painful—loveless marriage works on the partners like a long, deep, killing frost. Traumatic as breaking up a marriage and disrupting a home can be, it's nonetheless a solution. Divorce acknowledges an unpleasant truth and is a positive step toward change. Once the wounds have healed, there is a second chance for happiness. Not so with loveless marriage, where discord, misery and hopelessness become a way of life, and the two partners little more than prisoners, chained together by fear instead of united by love.

There is no litmus paper to test the amount or quality of love in a marriage, but according to psychologists, psychiatrists and marriage counselors, indications are that a large number of marriages lack, to a greater or lesser degree, that sublime emotion we marry for in the first place. Dr. Sonya Rhodes, noted family therapist and author of *Surviving Family Life: The Seven Crises of Living Together* (G.P. Putnam's Sons, 1981), points to three general marriage classifications. "An unusually durable marriage retains an element of passionate romance, or recaptures it from time to time," notes Rhodes. "That's the ideal, and it's rare. More commonly, marriage is endowed with compatibility and friendship, but less passion. The third group—'loveless' marriage—is comprised of couples who stay together despite little emotional connection. They don't even enjoy companionship, let alone romance."

"There are a awful lot of married people who realize after a few years that they don't really like each other," says Dr. Robert London, a psychiatrist in private practice in New York City and a member of the medical school faculty of New York University. "Often, a troubled couple hasn't grown together, or their expectations of marriage haven't been realistic. Many of these marriages could be improved," London adds, "but usually the couples don't seem interested in working on them. As time goes by, resentments become entrenched, communication shuts down and the relationship takes on a rigid quality."

Of course, loveless marriage is nothing new. Social historians point out that even expecting to marry for

# THE SURPRISING STAYING M POWER OF LOVELESS MARRIAGES

love is a contemporary notion. As recently as our mothers' era, many women sentenced themselves to lifelong unhappiness rather than contemplate divorce, which was still considered taboo, or at least disreputable. The puzzling question is, why do loveless marriages persist into the '80s now that divorce and remarriage are commonplace occurrences? The answer is complicated and varies from woman to woman, but individual explanations fall rather neatly into two categories: emotional and practical.

## Reasons of the Heart

The emotional snarl which keeps countless dissatisfied wives entangled is a challenge to unravel. A woman who feels unloved by her husband may be restless, pained and angry, yet she's trapped by fear—or more accurately, a jumble of fears. There's a Yiddish proverb that in many ways sums up the emotional experience of women in loveless marriages: "If every man, or woman, were to tie his troubles in a package and throw them into the middle of the room, we'd all retrieve our own bundle." Or, as Shakespeare put it, we'd rather "bear those ills we have than fly to others that we know not of." At the root of all the emotional reasons for tolerating a loveless marriage lies that one pervasive anxiety: fear of the unknown.

"In spite of the liberating influence of the women's movement, there's still a vast cadre of women— young, old, middle-aged—who cling to the title 'Mrs. So-and-So,'" maintains Dr. London. They fear a loss of status because "they've discovered, painfully, that unless you're a tiger of a woman, doing a man's job—a lawyer, perhaps, or a police officer—you still need a husband to avoid second-class citizenship. That's a tremendous motive for being married." Statistics published by the Department of Health and Human Services seem to support London's conclusions. In 1979 nearly 2.4 million marriages took place in the United States—68,000 more than in the previous record year, 1946, when the GIs returned from World War II. No matter how often we divorce in this country, marriage is still the state most people desire, and the perks of even a loveless union can make singlehood pale by comparison.

Fear of lost status is further aggravated if a woman plays a visible role in her community by virtue of being Mrs. John Important. The more distinguished her husband, the more prestige the woman stands to lose. Many women who play the "power behind the throne" role have talents and abilities themselves but "feel forbidden to exercise them for fear of appearing unfeminine or exceptional," says Lila K. Hammer, a psychoanalyst in private practice in New York City and a faculty member at the National Psychological Association



*Why, in an era when divorce is prevalent, do many women cling to empty relationships? A few of the reasons are predictable, but most are subtle and unexpected...*

*By Sally Platkin Koslow*

for Psychoanalysis. "Instead, they elect to identify with their mates' success."

Among other worries common to wives in loveless marriages is *fear of sexuality*, according to Hammer. "Being in a bad marriage gives people an excuse not to have sex," she says. "But leaving a marriage is connected with being sexual. It's the first thing people think of."

"We called a sexual truce some years ago," admits a wife, 28, who describes her eight-year marriage as "loveless in the sense that there's no physical attraction," but maintains that "it's not unbearable." She and her husband share a number of interests—boating, opera, collecting antiques—but "respect, not passion" is their bedmate. To some, this woman's description of her marriage sounds pitiful; to others, it seems pleasant and benign compared to the specter of a sexually demanding single life.

We have only to look at TV to see how pervasive—and threatening—the fear of sexual failure can be. "It's my first date in twenty years and I have nothing to wear," whines a matronly woman as she and her friend hang out at the laundromat. "How about this blouse—if we can get the stains out?" offers her helpful pal. Everyone watching the commercial knows how nervous Woman Number One must be as she contemplates her evening, wondering apprehensively just how it will end.

Existing quite apart from sexual anxiety is the adjacent *fear of intimacy*—being emotionally close and vulnerable to a partner. Here again, the devil we know seems less formidable than the one we don't know. If the marriage were to end and the woman became involved with a new man, he might want a greater degree of emotional honesty and sharing. For some women, that's a frightening thought. "Intimacy is stressful," says Elliot Zeisel, C.S.W., a psychotherapist in private practice in Manhattan. "Some people stay in a marriage where intimacy is minimal because they're afraid of what might happen if they felt more." Or if they were *expected* to feel more, as might be the case in a new relationship.

*Fear of criticism* is still another panic haunting the unhappily married woman. "She may be a good little girl," suggests Hammer, "and, in order to please her parents, she stays married to someone who, quite likely, was originally *their* choice." Friends, too, can serve as symbolic parents, who the woman fears may criticize or abandon her if she separates.

Finally, *fear that all marriages are unloving* is a significant concern of women in loveless ones. "Maybe all marriages feel this way," speculates one troubled wife. The nagging worry that what she's experiencing really is what marriage is all about—cold, remote, often hostile—keeps many a woman from ending an emotionally bereft relationship. Why



go through the trouble of trying to find happiness when you're convinced it's only a myth?

"Many women in unfulfilling relationships lack a well-developed sense of what defines a loving marriage," says Dr. Pinto, a psychiatrist in private practice in New York City. "They seem to think that mutual trust, love and reciprocity are unattainable dreams. They may also fail to see they have a choice about whether to stay or go," she continues. "Women in disappointing marriages tend to see the obstacles to happiness as insurmountable and themselves as relatively helpless. A woman who feels like this allows herself to be psychologically abused," points out Dr. Pinto. "The object of harsh or unwarranted criticism, cruel putdowns and browbeating, she suffers the effects in lowered self-esteem, lack of confidence and feelings of inadequacy." Compared to its physical counterpart, psychological abuse is subtle, "tending to make the woman think there's something wrong with her rather than the abuser," says Pinto.

## The Practical Reasons

Yet not all women who stay in unsatisfying marriages are victims of intangible fears or self-deprecation. Many are simply and unsentimentally aware that divorce is a luxury they can't afford. A 38-year-old housewife explained her reluctance to leave her husband: "I was married eighteen years ago, pre-Betty Friedan and the women's movement, and I've spent my entire marriage at home as a wife and full-time mother of three children, who are now teenagers. My husband makes a comfortable salary from which I benefit. I don't think I could survive economically if we split up. With only two years of college and no work history, I'm not prepared to get anything but a low-paying job. So despite the realization that my relationship with my husband is remote and painful, I'm not leaving."

A successful 33-year-old book editor offers a similar rationale. "I've been working for twelve years, but my husband and I have no savings or equity. I earn twenty-four thousand dollars, but that's still not enough to afford rent on an apartment large enough for me and my two preschoolers, *plus* day care or nursery school. I try to busy myself so I don't notice how empty my marriage is, because divorce is not a realistic option for me to consider."

Whether a woman is a homemaker with limited education and work experience or employed and making a decent salary, economic stress is a powerful reason for staying married.

Financial help from the ex-husband—once the Rock of Gibraltar for the newly divorced woman—is no longer a foregone conclusion. "Except for marriages of long standing, most women don't get alimony at all," reports Susan Prescott, editor of *Mar-*





Photographs by Deborah Turbeville

riage and Divorce Today, a newsletter for counselors of marriage counselors. "If an ex-wife receives anything, it's only a temporary maintenance payment." Many states have altered their laws so that young divorcing wives are not awarded long-term alimony.

When a woman has children the issue becomes further complicated. The refusal of ex-husbands to contribute their share of child support is fast becoming a national disaster. "The delinquency rate for support payments is extremely high," says Prescott. "Usually, payment dwindles by the second year. If you're determined to get your child support, you'd better plan to spend a lot of time in court!" Even though most divorcing mothers lack the wherewithal to provide for their children (according to the agriculture department, the cost of rearing one American child to the age of 18 is \$134,000), they're usually still the ones who receive custody. Prescott estimates that nearly 95 percent of mothers become custodial parents. In sum, the many financial hardships awaiting the newly single woman is reason enough to stop short of divorce.

Monetary worries aside, the mere presence of children keeps many women married. Staying together "for the kids' sake" is a classic reason to sustain a marriage, and is as operative today as it ever was. "Especially where young children are involved, many women feel a tremendous need to preserve the family structure," maintains Dr. London.

"I married young and probably didn't make a wise choice," says a mother of two daughters. "But why should my girls suffer for my mistake? Sure, there are vast numbers of broken homes in this country, but we don't really know yet what damage divorce does to a child's development. I'm not willing to gamble with my family. As unfriendly as our home can be at times, I just can't see breaking it up."

The potential damage of divorce to children is an issue considered by many a dissatisfied wife, yet even when a woman is convinced that she, as a single parent, could create a reasonably stable homelife for her family, she may be justifiably terrified of trying to rear children alone. "I've found motherhood very difficult," says an attorney and mother of a toddler. "Without someone to share the work, I know I'd be engulfed by a thousand everyday problems. I do have a woman who takes care of Jennifer during the day, but that still leaves evenings, weekends—and all the other stuff like pediatrician appointments, choosing a nursery school, planning Christmas. When Tod is away on a business trip, I go crazy without him to spell me. He's cold to me and he's a philanderer, but he's awfully good at reading bedtime stories and pushing swings. You take what you can get."

But is it fair to "settle" for a bland, flawed, hostile relationship without exerting some effort to

make it richer and more rewarding? "The prevalence of loveless marriages can be seen as a consequence of couples experiencing their life together as an unexamined drift through time," writes Mel Kranzler, a San Francisco psychotherapist, in his book, *Creative Marriages* (McGraw Hill, 1981). "Each day seems like the previous one, and the husband or wife who eats dinner tonight seems exactly the same tomorrow night." How tragic this seems when contrasted with Marcel Proust's definition of love: "space and time measured by the heart." In a loveless marriage, the heart doesn't measure so much as it ignores.

### Toward a More Loving Marriage

"Married people, like everyone else, have to grow personally as they travel through life, and they have the added responsibility of seeing that their marriages continue to develop," says Dr. Rhodes. "Sometimes growth spurts are out of sync. One mate might be putting her best efforts into a job or raising the kids, while taking her marriage for granted. At the same time her husband may be longing for greater intimacy. Then, when she's ready to pay attention to him, he has immersed himself in his work."

Any marriage will tarnish with neglect, but that doesn't mean you can't restore the luster. Although no woman can—or should—shoulder the entire responsibility for making a marriage work, she can initiate a conciliatory move. Basically, a loveless marriage results from a war of pride, with each partner vowing not to give another inch until the other one does. In order to revive the relationship, someone has to break the stalemate. Although seriously troubled marriages may require the objectivity a good professional counselor can provide, many can profit simply from a change in one partner's attitude and behavior. When a woman chooses to be that peacemaking partner, she really begins to listen to what her husband has to say, trying to empathize with what it means to him. She risks revealing her own, deepest feelings, and abandons rigid poses she may have adopted of always being right or hopelessly helpless. She plans mutually enjoyable activities, is generous with praise and stops to consider, before she nags or criticizes, how costly her words might be in terms of the other's self-esteem. She focuses on what she wants the marriage to become, rather than on what it hasn't been.

All of us yearn for love, especially those who feign cool indifference to avoid confronting the gnawing fear that they're not quite lovable. If a wife can reestablish trust, and find the friend behind the forbidding stranger, she's likely to remember just why it was she married him in the first place. She may even begin to fall in love again, which, after all, is the best possible cure for a loveless marriage.

End



# A WOMAN GYNECOLOGIST ANSWERS YOUR MOST INTIMATE QUESTIONS

The more you know about sexuality, the more  
rewarding your love life can be.

Read on for important information every wife should have.

By Phyllis Leppert, M.D.

**Q** *Is it true that a woman's desire peaks in her mid-30s while a man's is strongest during his mid-20s?*

**A** When a person remains healthy and fit, aging should not necessarily affect his or her desire and

ability to enjoy sex.

Experts do believe, however, that the younger the man is, the greater his sexual appetite. Later in his life he is usually capable of fewer spontaneous erections, may need more penile stimulation to prepare for intercourse and take slightly longer to ejaculate than before. Also, not having relations for an extended period of time can result in temporary impotence. Still, the majority of men are capable of having satisfying sex all their lives.

Traditionally, women are said to "peak" sexually in their mid-30s. The use of this word is probably deceiving, because it implies that as she grows older, a woman's sexual interest wanes. This is not necessarily accurate, though her appetite for sex may be affected by the onset of menopause.

In general, however, unlike a man, a

woman seems to become *more* responsive after years of sexual relations. Perhaps this is because she is more relaxed about her body, has a better idea of what arouses her, is more confident of relationships with men or is less frightened of pregnancy. All these elements may contribute to newfound spontaneity and pleasure. I feel that, more than age, cultural mores and psychological factors affect the way we view our bodies and sexuality.

**Q** *I have always enjoyed sex with my husband but my orgasms are not blockbusters—just a few tingles. And*

*I've never had multiple orgasms. Should I be trying for "better" sex?*

**A** I think that you answer your own question in the description of your sexual relationship.

What could be "better" than enjoying yourself? Personally, I believe that sex therapists often place too much emphasis on achieving orgasms and multiple orgasms. The fact is that women do not necessarily experience orgasm

during every sexual encounter.

An orgasm is a series of involuntary contractions or a throbbing in the lower pelvic region. During these spasms, the blood that has flooded into the genitals is abruptly released and redispersed through the body, and sexual tension subsides. A woman can have clitoral or vaginal (and sometimes uterine or anal) orgasms. With sustained stimulation, successive orgasms may occur.

How a woman responds varies from person to person and episode to episode. Some report feeling tingly, while others shudder and cry out. Some either lose awareness momentarily or bathe in warm, sensual satisfaction.

Since these reactions are so diverse and individual, comparing one woman's response to another's is probably not advisable. After all, while each partner should strive to satisfy the other's physical needs, the most meaningful part of any relationship is finally the degree of communication and well-being you share.

**Q** *If a man has only one testicle, is his sexual performance or fertility affected?*



*Often, couples allow jobs and children to take priority over their sexual relationship.*

**A**

Not at all. Though most men have two testicles, some were born with only one, while others may have had a testicle surgically removed for various reasons. Nevertheless, these men are capable of perfectly healthy, fertile sex lives.

When a man is sexually aroused, blood rushes from the veins in the pelvic region into the erectile tissue of the penis, causing an erection. The testicles are not involved in this process, though they respond in their own way to sexual stimulation, and play a major role in orgasm and ejaculation. As an orgasm begins, sperm produced in the testes travel through the sperm ducts (vas deferens) via the prostate gland into the urethra, where they mix with seminal fluid. As the muscles contract during orgasm, this mixture shoots through the urethra out of the penis.

Each ejaculation produces between 300 and 500 million sperm. Only a relatively small number survive in the vagina, and even fewer swim through the cervical canal into the uterus. Of course, ultimately, a sole sperm will fertilize the egg. A man with only one testicle is no less likely to produce adequate amounts of active sperm than a man with two.

**Q**

*Sometimes while my husband and I are having intercourse, I fantasize that I'm making love with*

*Robert Redford. Does this mean we have a bad sexual relationship?*

**A**

Not necessarily. Some women feel guilty because they enjoy fantasizing about other men while making love to their husbands. Yet sexual fantasies are quite common for both men and women. Allowing the imagination free rein is a healthy exercise and can enliven otherwise routine sex lives. Many lovers enhance their sexual relationships by sharing their fantasies and sometimes acting them out.

Such flights of fancy should be considered a problem only if a woman can't enjoy sex without fantasizing or if she becomes fixated on a single thought. If absolutely nothing but the idea of making love to Robert Redford excites you, perhaps you are express-

ing an inability to relate sexually to your husband. If that is the case, I suggest you seek guidance from a reputable sex therapist. (Check credentials carefully as there are some disreputable "experts" in the field.)

**Q**

*My husband and I only manage to have sex once or twice a week, and sometimes*

*not at all. How many times is "normal" or average for a couple to make love?*

**A**

The frequency with which different couples make love varies so greatly that it's difficult to say

what is "normal."

However, since you comment that you and your husband only "manage" to have sex once or twice a week, I suspect you have a strong libido that's not being satisfied. Discussing your frustrations openly is essential. Often couples allow jobs, children or busy social schedules to take priority over their sexual relationship. Sometimes just arranging time alone together—perhaps a long weekend vacation now and then or romantic evenings at home while the youngsters sleep at Grandma's or friends' homes—can work wonders.

**Q**

*I've been faking orgasms with my husband for the entire 15 years of our marriage. Now I'm*

*anxious to tell him so that we can find help. I'm worried that the truth might devastate him. What can I do?*

**A**

I strongly suggest that you investigate this problem thoroughly before telling your husband. A woman's lack of sexual response may be due to a variety of physiological or emotional problems and need not be a reflection on her partner's ability as a lover.

First, find a qualified gynecologist who has a reputation for being willing—and able—to discuss such difficulties. A complete medical examination should be performed. A few possible physical causes that can interfere with orgasm include: a severely retroverted (tipped) uterus, insuffi-

cient lubrication in the vagina, pelvic infections, abnormalities in the position of the clitoris or hormonal imbalances. Most such conditions can be treated surgically or with medication.

Sexual dysfunction may be rooted in psychological rather than physical causes. Some women are fearful of emotional intimacy, uncomfortable with physical interaction or are unable to communicate their needs to lovers. Another possibility is that a woman is not being adequately stimulated by her partner before intercourse.

The next step is to find a qualified sex therapist. Perhaps with the guidance of such a professional, you and your husband can work together toward a more communicative and satisfying sexual relationship.

**Q**

*My husband of 14 years and I have never made love except in the "missionary position" when we're*

*in bed and the lights are out. Have we been missing something?*

**A**

You are only "missing something" if you feel a fuller sexual relationship is possible. Bear in

mind that after a while, almost every couple tends to fall into familiar habits and patterns, and could profit from reexamining their sexual relationship periodically.

The fact that you ask this question suggests that you may be ready to experiment more. That's perfectly natural. In a loving relationship, anything that you do together—as long as it is mutually desired and not physically harmful—is normal and healthy in the privacy of your home. In fact, many experts believe that an active and inventive sex life is beneficial for both the body and the mind.

The word "sex" makes most people think only of intercourse and orgasm. Sometimes they forget that the genitals are not the only erogenous zones. A range of sensations—sights, sounds, smells and different caresses—can cause sexual arousal. Two people can make love with their mouths, their tongues, their fingertips. In fact, clinical research by leading sex therapists Masters and Johnson shows that orgasms resulting from manual or oral stimulation are often more intense than those from coitus.



# MARRIAGE & INTIMACY

A SPECIAL SECTION ON PERSONAL RELATIONSHIPS

In addition, many people find variety by using different positions during intercourse. Also, keeping the lights on during foreplay and sexual intercourse is often highly erotic. Showering together can be exciting, too.

Of course, being able to discuss your needs, fantasies and desires freely always helps. But some people are too shy about their bodies or uncertain of what excites them. Here's a good way to start opening the lines of communication: When the two of you are alone and have time, examine a book that teaches sexual techniques. *Joy of Sex* and *More Joy of Sex*, by Alex Comfort MB, PhD (Fireside/Simon and Schuster), are excellent illustrated manuals, available at most reputable bookstores.

**Q** *Even though we have a good sex life, my husband recently told me he sometimes masturbates while looking at "girlie" magazines. I was shocked but he says many men do this. Was I too sensitive or should I be worried that I am not satisfying him?*

**A** It is never easy for a partner to recognize that a lover has sexual needs that don't always include her, or that he is attracted to other women. Yet even a man who enjoys and prefers the love and familiarity of a monogamous relationship may be capable of being aroused by a variety of stimuli. Sometimes a photo of a movie star or a romantic episode on television sparks a stream of fantasies and daydreams. This is a natural and healthy response. Furthermore, many men—and women—find sexually explicit pictures pleasurable and arousing, and they enjoy satisfying their own body's needs occasionally. When both partners respond this way, they can make such erotica a preliminary to lovemaking.

The best way to find out what's on your husband's mind is to ask him. He may think that you are less interested in having sex than you indeed are. If both of you are satisfied, there's no problem. But a sudden, sharp decline in the frequency of sexual intercourse or uncharacteristic sexual dysfunction (lack of orgasm) or a predominant desire to masturbate rather than engage in intercourse might well signal a rift in your relationship or some emotional

problems on his part. You may want to consider seeing a reputable sex counselor or psychotherapist for a few sessions to discuss such a problem.

**Q** *My husband buys me sexy lingerie because he enjoys having me dress up for him. But I feel silly and "naughty" whenever I do. Should I just keep quiet and go along?*

**A** We all want to please our lovers as much as possible, but no one should be pressured to engage in activities that make him or her uncomfortable. That's not fair, and may ultimately result in anger and frustration. Men in particular seem to enjoy visual stimuli, and some women find dressing sensually highly erotic and fun. However, this variation simply does not excite everyone.

On the other hand, does any form of playful lovemaking make you feel uneasy and "naughty"? You might think that "nice girls" don't do such things. If so, perhaps you should examine how you feel about sex in general. A few sessions with a sex therapist might help get to the root of your inhibitions.

In many instances, however, open and frank discussions between two loving partners are sufficient to determine what pleases each and what doesn't. Undoubtedly there are a host of lovemaking techniques you both enjoy, and a happy compromise can be reached.

**Q** *A good friend of mine told me that she and her husband use a vibrator when they make love. Exactly what do these devices do?*

**A** For both men and women, vibrators can help stimulate the body's nerve endings to produce intensely pleasurable sensations, even orgasm.

Some of these motor-driven sexual aids are penis-shaped, while others are massagers designed to fit in the palm of the hand.

Using sexual aids such as vibrators can enhance sexual enjoyment and foreplay. Difficulty arises, though,

when a couple find they cannot satisfy each other without using such a gadget. Love play and sexual intercourse are mutual expressions of desire and tenderness, and allowing a machine to get in the way of the warmth seems a shame.

**Q** *My husband insists that I smell terrific and sexy right after we come back from jogging, but I prefer to shower before we make love. Am I wrong?*

**A** Do whatever makes you feel the most comfortable. However, showering after jogging is probably not necessary and may even be undesirable.

Fresh perspiration has a scent that many people find erotically stimulating. In addition, immediately before and during sexual relations, fragrant hormonal secretions are released. These can enhance the degree of arousal. Odors are highly important ingredients for physical attraction, and are crucial to the mating process in most animal species.

**Q** *Can a woman become pregnant if she makes love while menstruating? Also, I've heard that some women avoid sex altogether during their periods. Is that advisable?*

**A** There is no medical reason why a couple should abstain from sexual intercourse while a woman has her period, but certain cultures do have religious laws against lovemaking during the menses. Also, some women are psychologically unable to enjoy their bodies at this time of the month. Men sometimes shy away from intercourse with a menstruating woman because the blood flow seems somehow "unclean" to them.

The cramps and bloated feeling a number of women experience during the menses can make sex an uninviting prospect. On the other hand, many find that intercourse relieves these same symptoms. In fact, some women report being at the height of sexual responsiveness then, too.



*The more active and consistent a woman's sex life is, the more responsive she'll be.*

Finally, though ovulation just prior to and during the menses is rare, some women have become pregnant while menstruating. Just to be safe, a woman should continue using her contraceptive during these four to six days.

**Q** *I've been married for three months and my husband has just admitted to me that he had genital herpes a few years ago, though he hasn't had a recurrence. His confession has horrified me. What should I know about contracting this venereal disease?*

**A** Your reaction is perfectly natural, and while it's unfortunate that your husband did not tell you sooner about his infection, try to understand how sorry and embarrassed he must feel. Perhaps sharing your feelings openly will help dissipate the tension.

As for your fear of contracting the disease, remember that the herpes virus can be transmitted from one partner to another only during the infective stage of the virus—usually when grayish vesicles have risen to the surface of the skin. For a man, these sores are almost always visible.

There are two types of herpes simplex virus. Type I, though sometimes found in the genitals, most often affects the head and neck, resulting in what are commonly called cold sores or fever blisters. Type II, a different form of the virus, is most often found in the genitals. The blisters which the virus causes are sometimes accompanied by fever, enlarged lymph glands and flu-like symptoms.

A man most often gets lesions on his penis or anus, and intercourse during the infective stage is usually painful for him. A woman can get blisters on her external genitals, thighs or near the anus, but the sores can also form inside her vagina or on her cervix, and thus go unnoticed unless a pelvic examination is done. Detection is particularly important for women because the virus may be associated with cervical cancer, and an infection during pregnancy may cause severe complications to the fetus during delivery unless a cesarean section is performed.

The lesions commonly appear three to 20 days after exposure, and the first attack may last up to three weeks. Once a herpes infection has occurred, the

virus does not leave a person's body, and can lie dormant for years—and, in rare cases, never surface again. More often, attacks recur during illness or stress, and with menstrual periods.

Herpes may be the most common venereal disease today. All sexually transmitted diseases caused by bacteria or fungus—including gonorrhea, syphilis, chlamydia and trichomoniasis—can be cured or controlled with antibiotics or other drugs. But viral disorders such as herpes still cannot be cured. Treatment for herpes involves antiseptics to keep the sores free from bacteria.

Since your partner has not had a recurrence since his initial attack, chances are the disease is in remission. Just to be certain you do not have the infection, however, I suggest you have a thorough gynecological examination. Should sores appear on his genitals, avoid sexual relations altogether (as with any venereal disease) until the lesions disappear. Even when a man wears a condom, protection from infection is not guaranteed. If a woman thinks she may have been exposed to any venereal disease, she should avoid douching, which could flush the infection deeper into the vagina. Urinating immediately after intercourse and washing the external genitals may help, however.

**Q** *My husband is a diabetic and cannot achieve an erection. Why is that?*

**A** Many men with severe, long-term diabetes suffer from the problem you describe. The disease causes pathological degeneration of the blood vessels and nerves, which can lead to impotence.

When a man becomes sexually aroused, an assortment of gland and nerve centers in both the brain and the spinal cord become stimulated. Then a complex chain of responses regulates the extra flow of blood—via three channels called corpora—into the penis, resulting in a tumescent state. If for some reason these essential elements are not able to work in conjunction, a man is physically incapable of achieving an erection.

Almost every man has such problems during isolated incidents. Chronic impotence, however, or the inability to sustain a firm erection one

out of every four times, is serious. Until recently, experts were convinced that 90 percent of men with this problem had psychological difficulties such as guilt, distrust of women or fear of failure. But new research seems to indicate that 30 to 50 percent of these cases may be organic in origin—that is, due to physical causes. Diabetes is responsible for nearly 50 percent of organic impotence. Other causes include: hormonal imbalances, inherited disorders, vessel blockages that inhibit the flow of blood. Alcoholism, drug dependence, poor physical health, certain prescription drugs (tranquilizers, antihypertension and other medications) also contribute to impotence.

There is no cure as yet, but the situation is far from hopeless. A man can be surgically fitted with a variety of prosthetic devices to facilitate erection. A semi-rigid or rigid unit can be implanted in the penis, for example. A more advanced technique allows a man to engorge his penis using a squeeze-type pump just before intercourse. Most good internists can refer a man to a specialist who can fit the patient with such a device.

**Q** *Ever since my menopause began some months ago, intercourse with my husband has become painful and difficult for me. Can you explain what's happening?*

**A** The type of discomfort you describe is quite common for women during this "change of life," because the vagina begins to lose moisture and elasticity at this time.

As the function of the reproductive organs gradually diminishes, lubricating secretions from the vaginal wall lessen, too. Dryness and itchiness may result. That can make sexual intercourse painful, but using a water-soluble jelly inside the vagina and on the man's penis is often quite effective.

Also, therapists have found that the more active and consistent a woman's sex life is during this juncture, the more likely her vagina will retain its natural moisture and suppleness, and the more responsive she'll be.

**End**

*Phyllis Leppert, M.D., is an assistant professor of obstetrics and gynecology at Columbia University's College of Physicians and Surgeons. She frequently contributes to Ladies' Home Journal and a number of medical publications.*





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| 3 tsp. baking powder            | 1 tsp. nutmeg         |
| 1 tsp. salt                     | ¼ tsp. cloves         |
| 2 cups brown sugar, packed      | 3 Tbsp. milk          |
| 4 large eggs                    | 3 cups grated carrots |

Chop ½ cup walnuts fine. Grease 3 (9-in.) layer cake pans well. Sprinkle each with about 2 ½ Tbsp. walnuts to coat. Chop remaining walnuts a little more coarsely; set aside. Resift flour with baking powder and salt. Combine sugar, eggs, oil and spices. Beat at high speed until light and well mixed. Add half of flour mixture; stir until well blended. Add milk, then remaining flour. Stir in carrots and chopped walnuts. Divide batter evenly in pans. Bake at 350 F. 25 min. until cakes test done. Let stand in pans on wire racks 10 min. Turn cakes out onto racks to cool. When cold, frost with a butter cream frosting. Decorate with walnut halves. Makes 1 large cake, 12 servings.

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Although still troubled by memories of the SLA, Patty enjoys a happy family life with husband Bernie Shaw, their daughter Gillian and Patty's mother Catherine.

# Patty Hearst: Still living with FEAR

*For the first time since the famous kidnapping, Patty Hearst and her mother come together for an intimate interview and speak out about Patty's marriage, her mother's divorce . . . and the fear that won't go away. By Cliff Jahr*

**BOOK BONUS:** Turn to page 58 for our excerpt from Patty's book, *Every Secret Thing*.



**S**he no longer wakes up screaming or chews her nails or chain-smokes. She has gained 20 healthy pounds, regular menstrual periods have returned, and the terrible dyed red hair has grown out.

But after a five-year odyssey that took her through hell, Patty Hearst will never be quite the same.

For one thing, America's most famous heiress and kidnap victim is still afraid. Her fear is stirred by little things like the aroma of peppermint tea that reminds her of 57 days locked in a closet. It is fanned by the continuing threats that prevent her from going out without a gun-toting escort. For many reasons, Patty lives with fear—sometimes vivid, sometimes back-of-the-mind fear.

At first glance, you'd never know

it. Sprawled by her mother's pool in Beverly Hills, she looks more like the carefree, teen-age baby-sitter of the infant on her lap than its 27-year-old mother.

Gillian Shaw, soon to be one year old, is a sweet-natured baby, who seems more to take after her dad, Bernie, a gentle-mannered San Francisco police sergeant, than her mother. In contrast to her husband, Patty can be more complex. On the surface, she exhibits a bright resilient spirit, complete with an easy smile and a likable, preppie manner. A rather ordinary young woman, perhaps, but one who was hit by lightning and tries to hide the scars—scars that show occasionally in a faraway look or in a grim, almost black humor. Sometimes the laugh of this suburban wife and mother can be hollow or haughty. But mostly she's cheery, *very* cheery, for this first interview she's ever shared with her mother.

Catherine Hearst, wearing a crisp oriental tunic, black silk slacks and dark glasses, looks up

from the cool shade of an umbrella. With her perfect features and blond hair, she projects the glamour of retired showgirl. She was an Atlanta debutante with a bookworm's passion for history when, in 1938 she married Randolph Apperson Hearst, fifth son of the legendary publishing tycoon, William Randolph Hearst. Catherine bore him five daughters, two of whom are in their 40s, followed by a second group of three, all in their mid-20s. Patty is the first of these latter



three, and the only married daughter. She gave her parents their only grandchild.

The quiet comfortable life of parties, travel, committees and country clubs to which Catherine Hearst belongs, and to which Patty has largely returned

(continued)





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**Cake:** Cream ½ cup Blue Bonnet® Margarine, ¾ tsp. van. and 1 cup sugar well; beat in 2 eggs. Sift together 2 c. sifted flour, 2 tsp. baking powder and ½ tsp. salt; beat alternately with ⅔ cup milk. Pour into a greased 9-in. round pan. Bake at 350°F. 30 min. or until done. Cool min.; remove from pan.

**Cream Filling:** Mix ½ cup sugar, 3 tbsp. flour and ¼ tsp. salt; stir in 1¼ cups milk. Bring to a boil, stirring; cook min. longer. Remove from heat. Slowly stir ¼ cup hot mixture into 1 beaten egg; return to pan; heat just to boiling. Stir in 1 tbsp. Blue Bonnet® Margarine and 1 tsp. vanilla. Cover; chill.

**Chocolate Glaze:** Melt 2 tbsp. Blue Bonnet® Margarine and 1 oz. unsweetened chocolate. Stir in 1 cup sifted confectioners' sugar and 2 tbsp. boiling water until smooth. Use immediately. To assemble, split cake layer and fill with Cream Filling. Spread top with Chocolate Glaze.



EVERYTHING'S BETTER WITH BLUE BONNET ON

## PATTY HEARST

*continued*

has been stirred up in recent weeks by Patty's memoir, *Every Secret Thing* (see page 58 for LHJ's excerpt). It once again focuses public fascination on how she could have turned her back on a life of privilege to collaborate with a seedy band of psychotic abductors.

"I snapped, I suppose," she says wistfully. "It was the only way I could hold on. Bend or die. That's all like a dream to me now. That girl was someone else. No connection."

Then who is "Patty Hearst" now? A mysterious smile flickers over her face. "I guess I'm not really sure," she admits, flipping her chestnut hair free of little baby fingers. "She is whatever people think she is. She's the celebrity. You know: *Liz, Patty, Cher and Jackie*. . . ." Suddenly she speaks to Gillian, who is gurgling on her shoulder. "*I'm your mother*, that's who I am. You know, I'm finding out my identity with this baby because motherhood changes everything. *I'm very busy*, that's who I am."

She exchanges a knowing glance with her own mother, who smiles approvingly. To look at these two, you'd never guess their relationship had to survive five years of Patty's brain-washed disaffection tinged in hatred, then apathy. Through those years,

Catherine's unflagging trust in the strength of her daughter's character and love of family was sustained on faith alone. Mother and daughter have come a long way since the days when Catherine wept and prayed while Patty denounced the "pig Hearsts."

The turnabout in Patty's negative feelings began soon after police captured her on September 18, 1975—a moment of such startling fright to her that she wet her pants. Next day brought a tense and extremely awkward, one-hour jailhouse reunion with her parents and four sisters.

"You were spacey," recalls Mrs. Hearst, her breezy tone covering heartbreak. "A zombie. You didn't know how to be hugged."

At that time, Patty couldn't even remember the famous bank robbery in which she wielded a machine gun. "That lasted a few weeks," says Patty. "A lot of my memory was gone and I just babbled *radicalese*. I can't remember it anymore. The Symbionese Liberation Army spouted that stuff *all* the time. People like that are boring."

After the family reunion at the jail, Patty still had a long road back. As her trial approached, she was "very withdrawn, in no mood to talk to me," admits Mrs. Hearst. "I'd just go in and feed information into her. Anything people said do, she did."

After months of trying, Mrs. Hearst finally got through to her daughter by a surprising route: pretty clothes. She brought a blue skirt, velvet jacket and white blouse with a big bow to the jail. Seeing how Patty "vibrated to that," Mrs. Hearst followed quickly with cotton dresses and materials for Patty to crochet and embroider, two of her daughter's favorite pastimes.

## Threats continue

Now Patty's prison days are behind her, but danger remains. There continue to be threats made against her—best left undescribed. It's a sad fact of our times that for a public person even to discuss in print the ways in which he or she has been threatened tends to generate other threats. In the past, Hearst family property has been the target of violence. In February 1976, fringe members of the SLA tried to extort \$250,000 to cover the Harrises' attorney fee by exploding a bomb at the Hearst family estate, San Simeon, causing a million dollars worth of damage. And according to Catherine Hearst, the car the family used to negotiate San Francisco's hills to the courthouse for Patty's trial once had its brakes loosened.

If the heiress has sworn enemies one can point to, they would be William and Emily Harris, the SLA couple who





**Marilyn Murphy!**  
**Are you treating your puppy like a dog?**

minated her during her ordeal. Patty later denounced them and they are serving time in prison for kidnapping. "The Harrises will be out in 1983," says Patty dryly, masking concern with sarcasm. "But they used to be school-achers, and I assume they'll go back again to teaching someone's children." She pauses to let that sink in. Does she think the Harrises will be after her? "I think they're after getting out of prison," she replies with forced lightness. Nevertheless, at this moment, one can easily see her tension and her fear.

While she no longer lives with four round-the-clock bodyguards, Patty does not go to public places alone. Her husband, Bernie (and his unseen service revolver), or an armed bodyguard-friend always go with her. Elsewhere she has heard dogs.

#### A suburban fortress

Today Patty and Bernie own a four-bedroom, two-story ucco house in a suburb south of San Francisco. But the security is more fortress-like than suburban, with bullet-proof windows, a sophisticated alarm system and a loaded automatic rifle in the bedroom. Friends guard her address and phone number like state secrets.

Is this prudent caution or paranoia? "I guess we do live in state of—uh, well, not real paranoia," Patty's husband says later by phone, "but we're much more concerned than the average person. We'll probably have to have security the rest of our lives."

"Patty's still frightened," Mrs. Hearst adds later. One of Patty's friends videotaped news broadcasts relating to the entire kidnapping saga and gave her the tapes, some 40 hours worth of viewing. As with everything else written about her that she hasn't read, she claims never to have seen any of the tapes, storing them away like a time capsule for viewing a decade from now. "Maybe I should

make my children watch them later," she adds.

"Yes, if they're naughty," giggles Catherine Hearst. "It will be sort of like saying, 'See what my mother did to me? Locked me in a closet. Mommy dearest.'" Patty laughs.

How does she plan to tell her daughter about the kidnapping? "I haven't really thought about that," she says. "I suppose as soon as she can read, I'll give her the book."

"And get the Harrises to baby-sit," says Catherine with dark humor.

"I sort of view learning about the kidnapping like learning about sex," continues Patty facetiously. "She can learn from schoolmates."

#### Certain details withheld

Harrowing as accounts are of her suffering and torture, Patty's book doesn't reveal every secret thing. It tastefully withholds certain details, which she recalls now with far-off stares blinked away by thin smiles.

For example, during her 19 months with the SLA, she sustained several black eyes. "But," she adds doubtfully, "fewer than six, I think. Yes, it was worse than the book says, but how can you describe sheer terror that goes on and on? Readers can stand only so much violence."

During Patty's year and a half with the SLA, terror ate at her insides. Her normal weight of 107 pounds dropped to 87. Her hair fell out "in clumps." She chewed fingernails to the quick and chain-smoked. According to later testing, she dropped nearly 40 points from her normal IQ of 130. (It has since returned to its former level.)

The book only hints at her alarming menstrual problems, but for three years Patty went long, irregular stretches without a period, interrupted by long periods of hemorrhaging. It was almost as if her delicate reproductive system was trying to shut off for the duration of terror, and then had trouble restarting. (continued)

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# WHAT MAKES BARNEY RUN?



## PATTY HEARST *continued*

Also, since she was repeatedly raped and the men "only sometimes" used contraceptives, her mind must have told her body that pregnancy was a death sentence. Added to those fears was Patty's special dread of Donald De-Freeze, alias "Cinque," the SLA's leader. Following weeks of sexual threat, he ordered her into the closet to undress. "He was pretty mechanical about it," she says. "I lay there, limp as a rag doll, and tried not to think. I kept saying to myself, 'It-could-be-worse, it-could-be-worse.'"

Worse, how? She sighs impatiently. "I could be dead."

Amazingly, through all this travail, only one tiny mark remains on her body, a scar on her breast where an air tube was inserted after her lung collapsed in prison. "I'm thinking of having plastic surgery to remove the scar," she says. "You can see it when I wear a bathing suit."

One of the permanent scars of the kidnap saga is the breakup of Catherine and Randolph's 40-year marriage, which ended three years ago. Strains from the kidnapping were at least partly responsible.

But another reason for the divorce came before Patty's recapture, when her

father met another woman—a middle-aged divorcée of Italian birth—whom his children now know and appear to side against. Randolph Hearst has resettled in Paso Robles, inland from San Simeon on the California coast. Catherine Hearst took a Nob Hill apartment in San Francisco, then relocated to Beverly Hills, with a relatively modest \$200,000 income settlement and \$40,000 annually from Hearst properties.

### No guilt

"I've never seen Mom happier," says Patty. "Sure, strains from the kidnapping finally caused Dad's 'meeting someone else,' but I don't feel any guilt about that. I mean, how could I? What could I do? Unfortunately, because of that woman, we see Dad less. In fact, he has seen his only grandchild just four or five times."

"He just met someone else," Catherine Hearst repeats in a half whisper. "We're still perfect friends. I suppose this is a terrible thing to say, but I've rarely been so happy. I have friends. I come and go where and when I want to: parties, lectures, previews, committee meetings. Randy never liked to entertain or go out, so I do much more of that."

After lunch, Patty and I have just resettled in the library when her husband ambles in. Bernie Shaw is a cop turned

security systems counselor. Fourteen years ago, he was going to be a fireman like his father, until his only brother was murdered at home by robbers and Bernie switched to crime fighting.

Now 36 (and a father of two by a previous marriage), Bernie has dedicated his 200-pound, five-feet-ten-inch frame to body-building. His neck and biceps are 17½ inches around. (Notes Patty: "Scarlett O'Hara's *waist* was nineteen inches.") He met Patty while moonlighting as one of her 12 beefy bodyguards (four at a time, in eight-hour shifts). "I thought, 'Fine, gee, she's a nice girl,'" recalls Bernie. "Awful small." ("Cute," recalls Patty. "But not love at first sight.")

Bernie and the other guards went along on her many dates, watching from a nearby table. Sometimes Patty's hired guns could get very motherly.

"If we thought the guy was a jerk," Bernie laughs, "we'd wreck the evening by giving them no privacy, and all four of us would sit down right at their table." (The first time the Shaws could be alone themselves, according to Patty, was "the night we were married—I mean *really*.")

As the couple laughs, it's easy to see that they're good together. He's an adoring, diaper-changing father who brings flowers, and does all the vacuuming and laundry. Her neckline



prominently displays a miniature of his policeman's badge, which he had copied in gold for her. "Bernie's a tower of strength," says Catherine Hearst. "Not one of those old-fashioned husbands who do nothing except throw the Sunday papers all over the floor."

In the division of labor with Bernie, Patty dusts, tidies the kitchen and cooks. She loves to cook. "I make my own spaghetti sauce," she notes proudly, "and it takes all day."

"I'm not that easy to live with," she says. "It was especially hard on Bernie while I was working on the book." Oddly enough, she has never recounted the Patty Hearst saga to her husband "from A to Z." Explained Bernie, "I was never interested. There were so many people picking her brain, I didn't want to be one of them."

They have no nanny or cleaning woman, although they could well afford it. Patty's inherited income allows her to make "a healthy contribution" to the household budget, more than doubling it. "But that has nothing to do with Bernie's doing the vacuuming," she adds defensively. "He says he thinks vacuum cleaners are too heavy for women to use. As for his handling the laundry, it's something about my being too casual separating colors."

The Shaws' home life pursues the

mundane. Weeknights, Bernie lifts weights in the garage, "And maybe pumps iron most of the evening. I sometimes join him," notes Patty. She continues, "We're so boring. For us a big night out is a movie or restaurant. We have gone to a disco, but I don't go to weird places. I would be curious, but I just wouldn't be photographed in a place like Studio 54. I think it looks bad, and I do care what people think."

The Shaws, however, are not completely suburban stay-at-homes. Being internationally famous brings invitations galore. The publishing family name, of course, still opens doors, but the Shaws, on their own, are received with warmth and curiosity at events spanning presidential inaugurations to parties at the *Playboy* mansion. People like them. Frank Sinatra is a first-name friend. So is Hugh Hefner.

"I meet all kinds of unusual people," says Patty. "People often see me and get that look on their face like—" Her eyes pop. "And I haven't even *done* anything. It's just because of the celebrity."

It's a wonder fame hasn't warped her or turned her into a monster, but she had "lots of help" from a female psychiatrist hired by the family for more than a year. Still, one gets the feeling that Patty is amused by being famous, that she would not like fame to vanish.

Since she's written a book, gives

autographs and goes to celebrity parties—while still pursuing safety and privacy—is she becoming a bit of a media junkie? Patty isn't exactly sure. "I hope I don't turn into a jerk who will do anything to get her name in the papers and be recognized, but anything can happen. I suppose I'll be controversial the rest of my life."

Is she, after all, really as normal as apple pie? The idea delights her. "I'm definitely *not* apple pie," she laughs. "Peach pie maybe. A little bit offbeat compared to my friends in the way I handle everything. My life doesn't seem to follow normal guidelines. Always strange twists. The kidnapping, the trial. Even when I had the baby it was a big deal in the newspapers."

What of the future? "As for a career, I don't know," says Patty. "If something comes along, I'll take a look at it. Meantime, I'm perfectly happy having a daughter."

Her face brightens and she smiles in earnest. "We'd like maybe two children," she says, adding, "well, maybe one more—you know, an accident."

Later, Patty's husband seems to sum it up. "The nightmares have just about stopped. She seemed to bloom with the baby, and she's got friends. You know, I think at last she's very happy." **End**  
**Turn to page 58 for excerpt of Patty's book, *Every Secret Thing*.**

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How to prove to your  
mother-in-law  
that her son's in good hands.



### Hershey's Easy-Does-It Recipe #1

#### Deep, Dark Chocolate Cake (Mixes in 5 minutes!)

- |  |                       |
|--|-----------------------|
| 1 3/4 cups unsifted<br>all-purpose flour | 1 teaspoon salt       |
| 2 cups sugar                             | 2 eggs                |
| 3/4 cup Hershey's Cocoa                  | 1 cup milk            |
| 1 1/2 teaspoons baking soda              | 1/2 cup vegetable oil |
| 1 1/2 teaspoons baking powder            | 2 teaspoons vanilla   |
|  | 1 cup boiling water   |

(1) Combine dry ingredients in large mixing bowl. (2) Add remaining ingredients except boiling water; beat at medium speed 2 minutes. (3) Remove from mixer; stir in boiling water (batter will be thin). (4) Pour into two greased and floured 9" or three 8" layer pans or one 13 x 9" pan. (5) Bake at 350° for 30 to 35 minutes for layers, 35 to 40 minutes for 13 x 9" pan, or until cake tester (inserted in center) comes out clean. (6) Cool 10 minutes on rack. (7) Remove from pans; cool completely. (8) Top with your favorite frosting.



If your family's  
crazy about chocolate.

Bonus  
Best Seller

## Every Secret Thing

*In this excerpt from her new book, Every Secret Thing, Patty tells of her privileged and happy childhood, and of the abduction that changed her life forever.*

From the day I was born, March 20, 1954, I lived in an atmosphere of clear blue skies, bright sunshine, large comfortable houses with swimming pools and tennis courts.

My family's home in Hillsborough, a lush suburban town about 20 miles south of San Francisco, was an enormous, old place. It was also an easy half-hour commute for my father to his downtown office at the San Francisco Examiner, where he was chairman of the board of the Hearst Corporation, which owns a chain of newspapers, magazines and television and radio stations across the country.

I have heard our home described as a "mansion" and as a "white elephant," but to me and my sisters, Anne and Vicki, it was one giant playground where we also happened to live. I grew up in this affluent and sheltered environment sublimely self-confident. Most things came easily to me, sports, social relationships, schoolwork . . . I had only to apply myself, and I found I could do most things to my own satisfaction.

All in all I enjoyed a perfectly normal, happy childhood. We definitely were not raised in the stereotype of rich kids. My sisters and I certainly were privileged—even over-privileged—but we were not spoiled. I never felt that I could have anything I wanted, just for the asking, nor did I ever sense that I was being overindulged. On the contrary, my mother, and my father, too, leaned over backward against the prevailing winds of permissiveness that swept the 1960s.

When I was ten or 11 my mother would not allow me to ride my bicycle just a couple of miles down what I considered a perfectly safe road to school. All my friends were doing it, but my mother insisted that I would have to be driven to school. The reason she gave seemed to be perfectly ridiculous. She said that someone might knock me off my bike, drag me into his car and kidnap me.

Mother was a worrier. . .but above

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all, she was a poised, gracious Southern lady of the old school. She insisted that we grow up as proper young ladies. That meant learning that young ladies did this, and young ladies did not do that; no matter how much we protested.

Blue jeans, for instance. Young ladies did not wear blue jeans to go out anywhere. They were all right for camping or riding, but never for an afternoon in San Francisco. Young ladies did not go anywhere barefooted. And this was in the rebellious days of the 1960s, with the flower children setting fads of social decorum in California. We were informed *ad nauseum* of the health hazards of smoking, drinking or trying drugs. These lectures were given long before we girls were really ready for them. I know I had never dreamed of using drugs at the time my mother brought home a film to show us the horrors of LSD.

Since there were no boys in our family, we girls enjoyed the benefits that are usually part of the male domain. Dad would take us deep-sea fishing and duck hunting. It was on one of our duck-hunting outings that my father taught me how to use a shotgun.

For my high school years, I was enrolled at Santa Catalina, a strict boarding school where a number of my friends went, including my best friend, Trish Tobin. Her family founded the Hibernia Bank in 1859, which now has branches throughout northern California. [Ironically, it was the Hibernia bank that Patty and the SLA members robbed.]

#### Not love at first sight

After a year, I was unhappy at Santa Catalina and switched to a day school near my family's home. When the teachers were introduced to the 200-plus student body during the first week, there among all the middle-aged, married teaching staff was Steven Weed, a young, interesting-looking math instructor who had come to the school after graduating from Princeton University. It was nothing like love at first sight, but he was everything a high school girl could want: a college graduate, an older man, so mature, so experienced, so sophisticated. He was only 23 and I was 17. Whether I seduced him or he seduced me, I really do not know; let's say it was mutual. I did not tell anyone anything at all about Steven.

I felt very good about it, too, like a young adult finally outgrowing her childhood, entering into the real world. Steve made me feel good about myself and about being in love. He had a good deal to teach me about life, beyond geometry. . . . He couldn't believe how sheltered my life had been up to then, and he took great pains to make me realize it. (continued)

"BORAXO cleans up at the scene of the grime."

"Very droll, sir. But very true."



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The only thing I hate as much as dirty hands is the mess they leave after being washed. That's why I love BORAXO® Heavy Duty Hand Cleaner. It works without water, so hands get clean when and where they get dirty. And hands cleaned outside mean clean sinks inside.

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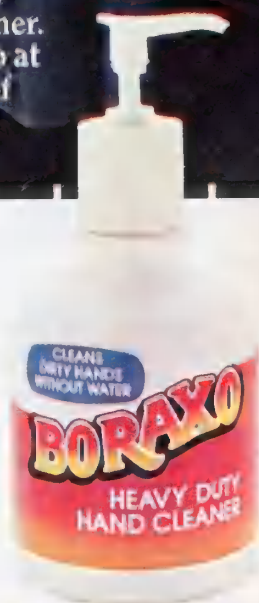
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# WHEN COMET® AND AJAX® FAIL...



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two men with guns burst into the apartment, a thin black man and a heavier, shorter, white man and a woman. backed away from them into the kitchen, shocked, screaming. Then the girl came in after me, backing me into the stove, pointing a black automatic pistol at my face. At the same time she clamped her hand over my mouth and said "Be quiet and nobody'll get hurt."

Then one of the men, not the black man, appeared suddenly, and before I realized what was happening he had pushed me to the floor. I landed on my stomach and he sat on me straddling my back. Twisting around, I tried to look up and see his face. "Don't look at me," he commanded, slamming my head onto the floor. "Keep your head down!" He was tying my hands behind my back. A blindfold was wrapped around my eyes and tied behind my head. From beyond the kitchen, I could hear Steve talking amid sounds of scuffling. Suddenly he began shrieking in pain. I thought he was being stabbed to death.

Through all of this I heard the girl shouting, "Let's get out of here." I started screaming as loudly as I could, hoping the neighbors would hear me and summon the police or some kind of help. Then, I was on the dark porch outside the apartment, feeling the fresh air and screaming my head off. It was my last chance to save myself. It was plain to me that I was being kidnapped. Where were the police? Everything was happening so fast. My senses were assaulted with confusion of sounds, voices, impressions. My neighbor's door opened and I distinctly heard the girl next door cry out, "Oh my God!" Then her door slammed shut and in that instant the man at my side opened fire with an automatic rifle or machine gun. The shots were very loud. Glass shattered. Other doors slammed. I was still screaming, wanting the whole world to hear me, hoping someone, anyone, would save me . . . but no one did.

En

## EVERY SECRET THING

*continued*

When I entered Menlo College, just two miles from where Steve lived, I gradually moved my clothes to his house, and we settled in there, a happy domestic couple. I delighted in putting some order into our home, and I began buying cookbooks to help me prepare special meals. I discovered in myself a "nesting" instinct.

Toward the end of the school year, Steve won a fellowship and a teaching grant at the University of California at Berkeley, where he would be a teaching assistant in logic and would pursue his doctorate in philosophy. I would move in with Steve in Berkeley and attend the university. My mother's response was: "I'm not surprised. But I love you more than I hate what you're doing." I asked her to break the news to Dad and spare me that. In turn, she appealed to me to refrain from flaunting our affair. I readily agreed, not wanting to embarrass them. . . .

Then, with the fall of 1972 approaching, I began my new life with Steven in Berkeley. Not long after we set up house there, Steve asked me to marry him. Wouldn't it be lovely if I could write that we lived happily ever after. . . ?

Almost six months later, on Monday, February 4, I walked home to our apartment from campus, where I had spent the whole day in classes. I felt unusually tired, and instead of preparing dinner, I just opened a can of soup and made some tuna sandwiches.

After dinner, Steve insisted on watching *Mission: Impossible*; then I cleared the table so we could study. A little after nine P.M. the front doorbell rang. Steve got up to answer it and I peeked around the corner of the front hallway. I could see the bulky outline of a person standing beyond the frosted sliding glass door.

Suddenly, I heard a scuffling commotion and turned to see

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the Eagle Brand  
for...*

# Fabulous Foolproof Fudge

Irresistibly rich'n creamy, munchible, chocolatey fun.  
Thanks to Eagle® Brand Sweetened Condensed Milk, fudge was never so fabulous—or so foolproof!

Because Eagle Brand is a special precooked blend of milk and sugar that makes so many luscious desserts in only a few simple steps.

Try our Foolproof Fudge and Rocky Road too. They're almost as much fun to make as they are to eat!

## Foolproof Chocolate Fudge

(Makes about 1½ pounds)

**3 (6-ounce) packages  
semi-sweet  
chocolate morsels**

**1 (14-ounce) can Eagle®  
Brand Sweetened  
Condensed Milk  
(NOT evaporated  
milk)**

**Dash salt**

**1½ teaspoons vanilla  
extract  
½ cup chopped nuts,  
optional**


*In heavy saucepan, over low heat, melt morsels with Eagle Brand. Remove from heat; stir in remaining ingredients. Spread evenly into wax paper-lined 8-inch square pan. Chill 2 to 3 hours or until firm. Turn fudge onto cutting board; peel off paper and cut into squares. Store loosely covered at room temperature.*

**Rocky Road Fudge:** Omit 1 (6-ounce) package semi-sweet chocolate morsels, salt, vanilla and nuts. In saucepan, melt morsels with Eagle Brand and 2 tablespoons margarine. In large bowl, combine 2 cups dry roasted peanuts and 1 (10½-ounce) package miniature marshmallows. Pour chocolate mixture into nut mixture; mix well. Spread into wax paper-lined 13x9-inch pan. Chill 2 hours.



*The dessert maker for 125 years.*





# W

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Nature has a mysterious secret to help you look fresh and radiantly younger... a delicate balance of remarkable fluids that cherish and support your beautiful living skin. Discover the secret of a mysterious beauty fluid similar to these natural fluids... fluid that which time and the environment steal away each day. The beauty fluid disappears into your skin, without a trace of greasiness, helping nature bring those essential fluids back into equilibrium... softening, silkening and soothing as dryness is eased away. Here in the United States, this remarkable balance of tropical oil and precious emollients is known as Oil of Olay®.

Discover the beautiful experience. Gentle the beauty fluid over your face and throat. Watch your skin drink in each precious drop. Feel the velvety softness, the cool freshness. See a renewed lustre and radiance. As Oil of Olay® Beauty Fluid cherishes your skin, even little wrinkle lines virtually begin to fade from view.

Discover the secret of Oil of Olay. It can help you look younger, too.



## Gene Shalit at the Movies



What is a movie without popcorn? Or, what is popcorn without a movie? Has anybody ever ordered it in a restaurant? I've never seen popcorn sold anywhere *but* at a movie. And here's a secret: Without popcorn, many movie theaters might go out of business. Popcorn brings in \$260 million a year. It was first sold at the movies in New York's Rose Theater during the summer of 1927. Soon popped corn popped up in other theaters, and Americans are still munching by the millions from buckets that cost anywhere from 90¢ to \$3. As to what goes on the popcorn: Remember when popcorn came with salt and drawn butter? There's still salt aplenty (that's how they get you thirsty for soda), but the butter has been replaced by a golden goo.

You can often predict popcorn sales by checking the movie. Disney pictures and others that attract little children result in mobs at the toothache stand. Adventure movies move a lot of popcorn. Fine foreign films—Bergman or Fellini—sell practically none. Can you imagine crunching popcorn through *Cries and Whispers*? But *Jaws*—now there was the champion. Record-breaking crowds swarmed to their seats, popcorn cups aloft, and as the film unwound, the audience nibbled nervously. Then there came the quiet moment (remember?) when Roy Scheider lackadaisically tossed bait overboard and *wango!*, the shark leaped from the water straight at Roy. Audiences leaped from their seats straight at the ceiling, and popcorn flew in every direction. The audience, laughing in relief, settled back, and friends were sent out to buy more popcorn. My all-time favorite popcorn movies? "Ma and Popcorn Kettle," and Shirley Temple in "The Little Kernel."

Ideas and advice to make life easier, more fun.

## Modern Manners

1. *What should I do with my wedding and engagement rings now that I am separated?* Most women remove their engagement and wedding rings from their left hand following a separation or divorce. If you wish, you may wear both or either of these rings on your right hand. If the sight of your rings is emotionally distressing, put them away for a year or so, then decide if you wish to wear them. No matter how valuable, the rings were a gift to you and you are under no obligation to return them to your ex unless you wish to.

2. *At a party recently I introduced a co-worker by the wrong name. She didn't correct me and I didn't realize my mistake until we both had walked away. What should the two of us have done?*

We all reach into our memories and pull out the wrong name now and then. When you incorrectly introduced your co-worker she should have piped up politely and said, "Sorry, I'm Mary Tobin, not Mary James." If you had realized your mistake before she spoke you should have said simply, "Oh, excuse me, I slipped. This is Mary James, not Mary Tobin."

3. *I'm thinking of ordering engraved stationery. A friend told me it is improper to put one's name on the envelope. Is she right?*

Your friend is correct. For reasons of privacy and security, most people engrave only the address on their envelopes.

As to the stationery, there has been quite a change in style in recent years. When I was growing up, women most often used their initials on their engraved paper; now most women use their full names. Addresses should be deleted from the engraved letterhead of personal stationery.

—CHARLOTTE FORD

## Matching Camper to Camp

Is your child a mountain climber? Tennis player? Computer whiz? Does he play a mean French horn? Or is chess more his game?

Whatever the talent, skill or interest, it's likely you can find a camp tailor-made for him. And March—even if it does feel too breezy to think of summer—is none too soon to start looking.

How do you find the right place? Start by asking your child about his or her interests and other preferences (location, for example, and length of stay); then you can pinpoint the type of camp (day, sleep away, traveling or specialty) and location (mountains, lakeside) that fit best.

To help you sort through the thousands of possibilities, there are several guides that include basic information. For example, the American Camping Association's 1982 *Parents' Guide to Accredited Camps* lists camps in alphabetical order by state and includes the director's name, camp address and specialty. It also has an activities index at the

back. Check your library or bookstore for the guide, or send \$5.95 (postage paid) to the American Camping Association, Bradford Woods, Martinsville, Ind. 46151.

Your next step is to contact and interview camp directors and find out their philosophy, goals and expectations for campers. Ask, too, about the camp's physical set-up, facilities and activity schedule. Is it competitive? What's the daily routine? Is the schedule open or tightly structured? In short, is it right for your child?

If it does sound good, ask more specific questions about counselors' ages and experience, adult-to-child ratios, safety and health standards, food, etc. To double-check answers, ask for a list of past campers and contact some of them.

You also can get help selecting a camp through camp referral or counseling services. These are the "travel agents" of the field and their services are usually free. Look in the Yellow Pages under "Camps." —JULIE MAXEY

MARCH  
YOUR JOURNAL





## Take the Guesswork Out of Watering

How much and how often to water plants is a problem that bedevils even the best of indoor gardeners. How is anyone to know just how much moisture remains in the soil (especially in a plastic pot) when the surface feels bone-dry? And how can you tell, as often happens when the soil is not packed properly in the pot, whether the water is just running through without moistening it? The modern answer is the moisture meter, and because they effectively take the guesswork out of watering, it's poor economy to be without one.

Accurate models sell in the \$11 to \$13 price range through mail order catalogs or at garden centers and department stores. All models work on the same principle: a plastic head containing a dial to which rigid metal prongs or probes are attached. You will find models with one and two prongs or with a wire ending in a prong. No batteries are required.

To the left, the dial is marked red, for dry; as the pointer moves to the right—for wet, colored black—it indicates increasing amounts of moisture. The reaction is instantaneous and the instrument is sufficiently sensitive to tell you the state of dryness or wetness at any level in the soil. Caution: Be careful to push the prongs gently into the soil somewhere near the edge of the pot in order to avoid bruising roots. Clean the prongs after each use.

Some moisture meters also have a light meter, which registers low, medium and high light intensities, on the same or opposite side from the moisture dial. This feature is useful, especially to warn when your plants are getting insufficient light. For a reading, hold the meter with the dial facing the light source (with prongs removed from the soil, of course).

Most manufacturers supply a booklet with their meters that lists the moisture and light requirements of a large number of standard houseplants.—VIRGINIE F. AND GEORGE A. ELBERT.

## CALCIUM FOR WOMEN

It may be a while since you drank milk with your meals, but if you're 45 or older you should seriously consider adding this and other dairy products to your diet. In fact, researchers now believe that an older woman may need even more calcium than a fast-growing child.

Bones—like all body tissue—are constantly being repaired and replenished by nutrients such as calcium. This mineral not only keeps bones hard, but also circulates in small amounts in the blood, performing such vital duties as regulating heart rhythm and maintaining normal nerve, muscle and metabolic functions.

As many women age and as their bodies change during menopause, their bones begin to lose calcium faster than their bodies can replace it. At the same time, the body's ability to utilize or absorb calcium is reduced—a problem that may become more pronounced if your diet is high in meats or other phosphorus-rich foods. A shortage of calcium is a major factor leading to osteoporosis, a condition in which bones become thin and weak.

But researchers at the Mayo Clinic now are saying that you may be able to prevent or minimize these problems by increasing your intake of calcium and vitamin D (which is needed to utilize the mineral).

Some medical scientists, such as Dr. Rubin Bressler at the University of Arizona, go even further and urge that women over 45 consume 1,000 milligrams of calcium a day (200 milligrams more than the recommended allowance for adults and children under the age of 12, and 500 to 550 milligrams more than most older women ingest now).

To increase your intake, you may want to alter your diet. Adequate calcium—even for older women—can be provided by three glasses of milk a day (or other dairy products like hard cheese or yogurt), plus frequent servings of sardines, broccoli and other dark green vegetables.

You also can take calcium supplements, but be sure to check with your doctor first. (Note: One inexpensive way to do this is by taking chewable antacid tablets that contain calcium carbonate, a highly absorbable form of the mineral.)



**BEST  
CARE  
FOR  
ELECTRIC  
BLANKETS**

**Rule #1:** Wash, don't dry clean, following the manufacturer's care instructions. Then look to the tips here, for fresh and fluffy like-new results.

- Pre-treat stains and heavy soil on blanket and binding. Use a special spray-on, pre-treat product. Or, rub in a little liquid detergent.

- Protect the plug by pinning a fold of blanket over it. (Take care not to pin through any of the wires inside.) Don't neglect this step. An unprotected plug might be damaged by banging against washer "walls," or get caught on other articles in the machine.

- Set machine for warm water and a gentle cycle. Add as many other items as necessary to make up a small load.

- If blanket is badly soiled, stop machine halfway through the wash cycle for

ten minutes to allow blanket to soak.

- Use a fabric softener. Almost all electric blankets are made of synthetic material, which has a way of building up a static charge. Fabric softener in the final rinse (or in the dryer, if you prefer) will reduce or prevent annoying cling.

- If your blanket can go into the dryer (check manufacturer's instructions to be sure), use low to medium heat. Test for dryness after about 15 minutes. Blanket should be removed when just slightly damp. Overdrying might damage wires.

If line drying is recommended, drape and smooth blanket over parallel lines a few feet apart. (There's better air circulation with parallel lines, so drying is speeded.) When dry, smooth blanket into shape but avoid tugging, which is hard on the wires.—MARGARET DANBROT



# HOW TO BUY A GOOD UMBRELLA

They come in all sizes and colors and you can buy one from a street-corner vendor or an expensive boutique. Whatever your price range, here are some tips on buying your next umbrella:

**1. Check the frame.** It should be sturdy. Enamel-plated steel ribs are stronger than tin ribs, which can easily snap back in the wind. And be sure to count the ribs. Eight are standard, but many of the sturdier umbrellas have more than that.

**2. Hold the covering up to the light.** If you can see through it, chances are some water will seep through in a heavy rain. In general, the denser the fabric, the more waterproof it is. (Nylon is usually denser than cotton.) Some sheer fabrics, however, have a plastic seal applied to the underside. (It'll have a more "plastic" feel than the top-side.) Plastic is the only truly waterproof covering.

**3. Count the tacks.** One tack per rib is standard, but two or more hold the fabric more securely to the frame.

**4. Look for a wind-proof device.** A wind-

proof umbrella has a spring high on the shank, making it easy to pull back into shape if it turns inside out.

## Other Considerations

**Size.** The larger the umbrella, the more protection it offers. Generally, umbrellas made for men are larger than those for women. Golf umbrellas and the traditional "doorman's" umbrella are larger still. A folding umbrella, while smaller, fits conveniently into a handbag or briefcase and is usually just as sturdy.

**Cost.** Umbrellas cost anywhere from \$6 to \$500 and more. If you're the losing type, one of the less-expensive ones is for you. If not, and you want to make a lifetime investment, consider a Briggs umbrella with a Fox frame, made in England, for \$65 and up. Umbrella experts tell us it's the best buy.

**Care.** Always leave your umbrella fully open to dry. Then fold it carefully, flap over flap, and fasten to close.

**To fix.** If a rib breaks, the cover rips or the spring jams, send the umbrella back to the manufacturer if there's a guarantee. If there's



no guarantee but you still think the umbrella is worth fixing, find a repair shop through your local Yellow Pages under Umbrellas-Repairing or Umbrellas-Retail. Or mail it—with \$10—to the Uncle Sam Umbrella Store, 161 W. 57th St., New York, N.Y. 10019. They'll fix whatever's broken (a rib repair can cost from \$3 to \$8, for example) and send back the change.—LOIS LIBIEN

## A sweet diversion

For contagious fun on a cold winter's day, try reviving a delightful turn-of-the-century tradition: pulling taffy.

Here's how to make the old-fashioned vinegar kind:

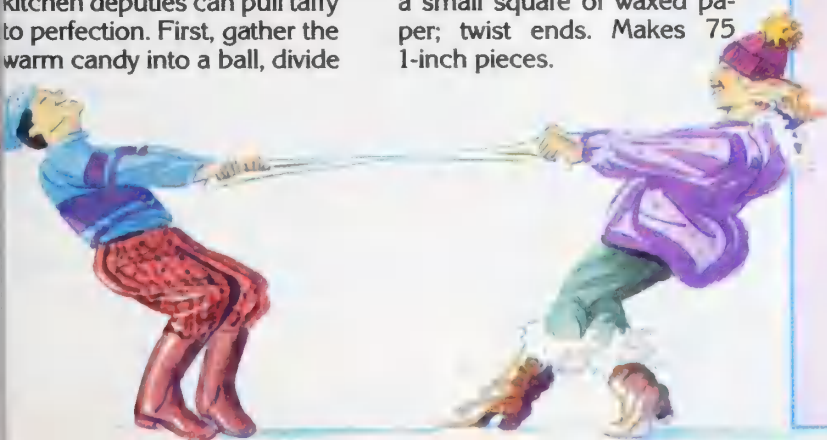
1. In a medium saucepan combine  $1\frac{1}{4}$  cups sugar,  $\frac{1}{4}$  cup water, 2 Tbsp. white distilled vinegar and  $1\frac{1}{2}$  tsp. butter. Cook and stir over medium heat until sugar is dissolved. Lower heat and continue to cook without stirring to 260°F. on candy thermometer (or until a small amount of syrup forms a firm ball when dropped in very cold water). Remove from heat; stir in  $\frac{1}{2}$  tsp. vanilla extract. Immediately pour into buttered 13"x9" baking pan and set aside until cool enough to handle (about 15 minutes).

2. With clean, lightly buttered fingers you and your kitchen deputies can pull taffy to perfection. First, gather the warm candy into a ball, divide

with a butter knife and give to as many as 4 taffy-pullers (more helpers can participate by trading off the candy every 2 minutes or so). Then, pull and stretch the taffy slowly until hands are approximately 18 inches apart, and fold half of the candy back on the other half before stretching again.

Don't twist strands (it makes taffy less fluffy), but continue pulling and folding until taffy gains a satiny luster and begins getting a little stiff (about 6 to 8 minutes).

Now form taffy into an egg shape and lay it flat on its side on a clean surface. Start pulling from the narrow end into a short rope  $\frac{1}{2}$  inch in diameter. Cut the rope in bite-sized pieces with clean, buttered scissors. Keep pulling from the small end to form a rope and cutting until all the taffy is sectioned. Wrap each piece in a small square of waxed paper; twist ends. Makes 75 1-inch pieces.



## How the states rate

Would you like to find your own personal Utopia? If so, here are some questions and answers to help you pick your dream state.

Want to get married? For weddings, Nevada is the country's hot spot—with the most marriages recorded for each 1,000 people. But for ongoing bliss, you'll have to look elsewhere—Nevada also has the highest divorce rate in the country.

Do you have negative feelings about death? Taxes? Hawaiians can boast of the longest life expectancy. And the folks from Ohio and Indiana have the smallest bite on personal income from state taxes (9.8 percent as compared with the highest, Alaska, which takes a hefty 23.4 percent).

Are you tired of crime? Then head for the hills of West Virginia—the state with the lowest reported crime rate in the country. (Washington, D.C. has the highest.)

Would you like to make friends with a millionaire? Delaware, chock-full of Duponts, is the most popular state for the very rich, with Nevada and Washington, D.C. coming in second and third.

Do you want to learn a foreign language? New Mexico has the largest percentage of people who speak Spanish as their mother tongue; Louisiana heads the list for French; North Dakota for German; and Rhode Island for Italian.

Are you fond of people? Lots of people? The most densely populated state is New Jersey. The crowding apparently helps husbands and wives to stick together, too. The Garden State has the lowest divorce rate in the U.S.—KATHERINE BARRETT

*If you want to narrow your focus still further and pick your ideal city, one source to consult is Finding Your Best Place to Live in America (Red Lion Books, \$9.95).*



# Sears nationwide

February 28 - March 20



## Save 10-50%\* on a selection of Sears bedroom furniture

Don't miss the sensational values throughout Sears bedroom furniture department. Save on a wide selection of nightstands, dressers, mirrors, headboards, mattresses—complete bedroom suites.

Choose country, contemporary or traditional styles. But make your selections now, while savings are great: 10 to 50 percent off!

**Save \$300\* on 4-piece Open Hearth bedroom.** Now \$999.88. Shown at top left. Warm country-look suite crafted of pine and pine veneers. In light or dark finish. Full/queen headboard, triple dresser, hutch mirror and chest. Other pieces from the Open Hearth collection also sale priced.

**Ginger jar lamp, reg. \$59.99. Now \$44.99.** Ceramic marbled lamp with brass-plated base and mushroom pleated fabric on styrene shade.



# Bedroom sale

SAVE NOW



Sears Deluxe

Sears-O-Pedic®  
Supreme

Sears-O-Pedic®  
Imperial Elite

Save \$200\* on 4-piece Pure 'n Simple bedroom. Now \$899.88. Shown at bottom left. One of Sears most popular contemporary bedroom suites. Smooth and sleek and simple.

Suite includes headboard, dresser, mirror and 5-drawer chest — of solid oak and oak veneers. Stackable pieces also available priced.

Spice jar lamp, reg. \$59.99. Now \$44.99. Ceramic marbleized lamp with pleated vinyl shade.

Save 50%\* on Sears Homestead canopy bed. Now \$84.88 twin size. Early American styling — delicately finished in antique white. Also available in maple, pine or oak color. Canopy bed, frame and rails.

Single dresser, student desk, chest or hutch — your choice, now \$149.88.

Accent lamp, reg. \$19.99. Now \$14.99. Painted glass lamp in a variety of bright colors. Comes with pleated vinyl shade and white painted metal base; 18 inches high.

Save 15% on Sears genuine brass headboards and footboards. Open Hearth headboard shown above center. Save \$50\* Now \$249.88, twin size. Other styles, all sizes on sale.

Minimum savings nationally.

Prices and dates apply only to the continental United States. Available in most Sears retail stores.

## Save \$30-\$70\* on these Sears quality mattresses

Save \$70\* on the famous Sears-O-Pedic® Imperial Elite, twin mattress or boxspring. Now \$169.88. The finest mattress Sears sells. In innerspring or firm polymeric foam — featuring Sears exclusive mattress-within-a-mattress.

Save \$40\* on the Sears-O-Pedic® Supreme, twin mattress or boxspring. Now \$129.88. Choose innerspring or Serofoam polyurethane. Both designed for firm, comfortable support.

Save on all sizes — Elite and Supreme mattresses — both treated with SCOTCHGARD® Brand Fabric Protector. Also save on Sears boxsprings with the exclusive Steel Backbone.™

Save \$30\* on Sears Deluxe, twin mattress or boxspring. Now \$89.88. Innerspring or Serofoam polyurethane. All sizes on sale.

Save \$10\* on Sears Best Seromatic Imperial bedframe. Now \$39.88 twin/full.

You can count on

**Sears**

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# Tips for Taxpayers

*Just in time for your 1981 tax returns:  
Our money expert tells you  
who's likely to be audited—and reminds  
you of some little-known  
deductions you may have overlooked.*

## WHAT ARE YOUR CHANCES OF BEING AUDITED?

If you are in the \$25,000- to \$30,000-a-year income bracket, and if in 1981 you paid out roughly \$2,700 for interest, another \$2,000 in taxes and contributed around \$600 to charity, your deductions for these items match what have been calculated as typical amounts for your income group. The odds are, therefore, that when the IRS examines your return, it will pass without question.

The Internal Revenue Service will never divulge its system for selecting a return for audit out of the millions filed, but statistically, the chances of yours being picked are very low indeed. You can safely assume, however, that above-average itemized deductions will often send out signals that catch the "eyes" of the IRS computers.

The size of your income can also be a factor in making you more—or less—likely to be audited than the next person. Returns from lower-income brackets are rarely examined, but as your income rises, so do your chances of being audited. In addition, if you earn your living in an occupation in which cash is the accepted form of payment, your return is more likely to be investigated. Based on most recent figures available, your chances of being audit-

ed are: for an adjusted gross income of under \$10,000—just over one in 100; between \$10,000 and \$50,000—two and a half in 100; \$50,000 and over—just under nine in 100. (These figures are for non-business returns.)

## CLAIMING A FRIEND AS A DEPENDENT

You may claim a person who is not related to you as a dependent if all the following apply:

- Your home was his or her principal residence.
- You furnished more than half the person's support.
- He or she was a member of your household for the entire year.
- His or her gross income for the year was less than \$1,000.

If the above qualifications are met, you can also claim as dependent a person of the opposite sex with whom you have been living—so long as local law doesn't declare it illegal for an unmarried man and woman to live together.

## DEDUCTIONS FOR JOB-HUNTING

You may deduct the cost of seeking new employment—regardless of whether you get the job—so long as the work you're looking for is in the

trade or business in which you're presently employed. Thus, if you are a computer programmer, you can deduct an employment agency fee for getting a new job within that field; however, if you used an employment agency to move from your position as computer programmer to that of buyer for a department store, the fee is not deductible. Similarly, if you are looking for employment for the first time, you can't deduct the cost of job-hunting because you're considered to be entering a new trade or business.

## TAX CREDITS ON PURCHASE OF BUSINESS CAR

If you bought a car in 1981 to use on your job (not for commuting), you are entitled to an investment tax credit of 6 percent of the purchase price of the car. Thus, if you paid \$8,500 for the car, you can claim a credit of \$510. Best of all, this is not just a deduction from your income, but a direct reduction of your tax.

In addition, you can take a depreciation deduction for your car equal to 25 percent of the cost. When you add this to your other deductible expenses (gas, repairs, etc.), you may wind up with a larger deduction than you would if you took the flat mileage allowance for business auto travel.

## DID YOU FILE ON TIME?

Even if you *mailed* your return in plenty of time, it may be late according to the Treasury's record. Your envelope could be mismarked upon receipt by the District Director's office, or you could become one of those "horror tales" in the annals of our Post Office. And, if the IRS says you're late, you may have a tough time avoiding the penalty for late filing.

To prevent any mishaps, it may pay to mail your return by certified or registered mail, both of which give you proof of your mailing date. Or, better still, deliver the return by hand and get a receipt from your IRS office. **End**

## HOW MUCH DOES THE AVERAGE TAXPAYER DEDUCT?

Compare your itemized deductions with the figures below, based on IRS statistics from 1979 returns (the latest available for scrutiny). Above-average deductions make an audit more likely, so be prepared to furnish proof of your claims. And, if your claims are below average, you may be overlooking legitimate deductions. Remember, however, that these averages do not entitle you to deduct an amount you did not actually spend.

Income*	\$20-25	\$25-30	\$30-50	\$50-100	\$100-200
Contributions	\$ 583	\$ 654	\$ 883	\$1,793	\$4,502
Interest	2,589	2,792	3,245	5,131	9,146
Taxes	1,699	2,053	2,746	5,017	9,599
Medical	590	549	517	696	1,118

\*Adjusted income in thousands of dollars

Source: Prentice-Hall





# Taste is everything

You want it luscious. And lean.  
So Kraft makes Thousand Island  
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thick with half the usual calories. So pour it rich with  
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your indulgence never looked so good.



**YOU DON'T HAVE TO DIET TO LIKE IT.**





# Only one ultra light gives you the Meri



Warning: The Surgeon General Has Determined  
That Cigarette Smoking Is Dangerous to Your Health.

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Reg: 4 mg "tar," 0.4 mg nicotine—100's: 5 mg  
"tar," 0.5 mg nicotine av. per cigarette by FTC method



cigarette  
aste idea.



**MERIT**  
**Ultra Lights**  
Kings & 100's



# Only one ultra light gives you the Merit



Warning: The Surgeon General Has Determined  
That Cigarette Smoking Is Dangerous to Your Health.

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Reg: 4 mg "tar," 0.4 mg nicotine—100's: 5 mg  
"tar," 0.5 mg nicotine av. per cigarette by FTC method



cigarette  
taste idea.



**MERIT**  
**Ultra Lights**  
Kings & 100's



"Denim never felt this good.  
No wonder this outfit's one of my favorites."

"This denim outfit is just perfect for me. It moves when I move, to give me the most comfortable and flattering fit I've ever had. It's Koret City Blues," and it's one of my favorites."

Koret designs women's clothes with classic styling and a perfect fit. And with stretch denim, they're also incredibly comfortable. It's another reason why Koret clothes will become your favorites, too.



**KORET**

We don't just  
make clothes,  
we make favorites."

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# Beauty Journal

March brings terrific beauty news: how to save nails from unlucky breaks, add new colors to eyes, and shape-up your legs.



## Fresh for spring: the "eyes" of March



Newest to try—the Tri-Color Eye. What makes it new? The deepest, lushest color now goes on the lid (remember, you used to put the darkest shade in the crease). Follow our romantic example, illustrated above, or choose your own color combinations. 1. Start with a flattering pink on the browbone. 2. Accent with a dash of lavender in the crease. 3. Blend a rich, deep teal blue on the lid, extending the color down under your eye; smudge slightly for dramatic definition. Other palettes to play with: ♣ Charles of the Ritz Eyeshadow Trio "Sun and Sand," matte peach, nutty brown and shiny gray (for lid). ♣ Elizabeth Arden Triple-Tone Compact "Rainforest Shadows," misty green, olive and deep taupe (for lid). ♣ Or three new Diane Von Furstenberg shades, "Cantaloupe," "Alligator" and "Backseat Brown" (for lid).

## Beauty newcomers to try and treasure

Everything you need to make your beauty regimen work like a charm: ♣ Spring forth with a pair of sandals designed to fit the contour of your foot. Flexible rubber soles and adjustable leather straps. Sashay Sandals by Scholl, \$22.95. ♣ Be blemish free! A liquid formula that goes directly on trouble spots, comes in a portable plastic vial with sponge tip ap-

plicator. Living Proof Emergency Blemish Stick by Max Factor, \$8.50. ♣ It will soon be time to bare yourself to the sunshine. Lift away unwanted facial and body hair with easy tape-on/take-off strips; then condition skin with after-treatment (2 fl. oz.). Hair Removal System by Sally Hansen, \$6.95. ♣ Fade out unsightly skin discolorations (freckles, age spots) with the only cosmetic lightener to come in lotion form, in a 4-oz. pump dispenser. Faience by Lee Pharmaceuticals, \$7.95. ♣ Scene-stealing scent: A touch of classy fragrance with rich floral top notes. Vanderbilt perfume by Gloria Vanderbilt, .25 oz., \$25.

## How to keep damaged nails from getting out of hand

Snag! Crack! Break! When you least expect it (out for the evening or shopping), a nail that you've manicured to perfection can accidentally be ruined. To the rescue, some handy mending tricks to save your nails.

**Adhesive strips.** Make a habit of stashing a few in your wallet or bag. Even the tiniest kind works to keep a cracked nail temporarily secured in place.

**Transparent tape** performs the same function as strips on split nails. (Ditto for masking and surgical tapes.)

**Extra coats of polish** seal up cracks in a pinch. Other options: ordinary household glue, rubber cement.

**Instant glue** puts the bond on cracks and can be used to fasten on a nail tip—even if it breaks off completely. Available in little tubes, such as Kristy Wells, 5-Second Nail Glue; or Krazy Glue, which also comes with a more precise pencil tip.

**Nail repair kits.** Back at home, when you have more time, secure snags and breaks with a kit that contains tissue-like wrapping papers, adhesive and an orange stick. Kits by Revlon, L'Oreal, Maybelline, Sally Hansen and Andrea work effectively.



## Simple exercise to shape up your legs



**Q** My calves are skinny and lack contour. Is there an exercise to develop this area and give me more shapely legs?—M. Johnson, Beaumont, Mo.

**A** This exercise will firm and tone your calf muscles. Stand on the edge (as shown) of a hardcover book. Rise up onto the balls of your feet, holding the back of a chair for balance. Then slowly lower heels as far as possible. Your goal is to touch the floor. Gradually build up to 15 repetitions.



# CIRCLE OF HEARTS

QUILT A DREAM OF A BEDSPREAD  
WITH READY-TO-STITCH SQUARES



Quilts are an American art form—whether whimsical (see Erma Bombeck's on page 80) or traditional. Accent your bedroom with this much-loved traditional design—a Circle of Hearts quilt and companion pillows you make yourself! It's easy with this offer from Charter Guild: off-white and silk-screened 16½" squares ready for you to quilt, then assemble, in twin (\$44.98), double or queen size. Pillow kits, \$2.50 each. Squares are machine washable. Kits do not include batting or backing. Information on ordering, postage and handling, page 142.

Photographed by Barbara Bensell at American Skarmoo Hotel, New York City



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## *Silhouette Romances*

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Here's what you'll find in your 4 **FREE** romance novels:

**Anne Hampson's STORMY MASQUERADE:** Karen began her masquerade as Clint's staid, middle-aged housekeeper to prove how wrong he was. He said she couldn't act. At first it was easy—but then, one night, Clint accidentally meets the real Karen and she finds herself caught in a part she never intended to play.

**Nora Powers' AFFAIRS OF THE HEART:** When Derek Thorpe offered Jessica \$20,000 to photograph his jungle expedition, she jumped at the chance. After all, she had photographed other wildlife in their natural habitat. But could she handle anything as wild as Derek Thorpe?

**Anne Hampson's PAYMENT IN FULL:** Filled with memories of their loving affair in Greece, Sarah returns to Carl Duris and finds him a different man: cruel, violent, almost pagan. Share Sarah's torment and passion as a prisoner of love on a remote Greek island.

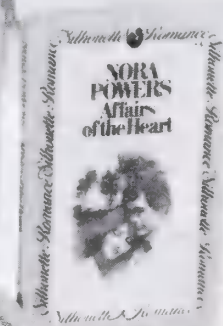
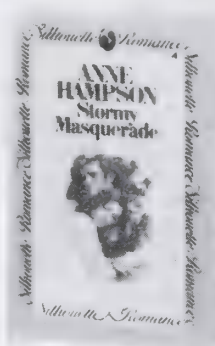
**Mary Carroll's SHADOW AND SUN:** When Britt took the assignment to cover Phillippe, she was only trying to ensure the coveted staff position at *La Revue* magazine. But soon she's swept away by an overwhelming attraction and suddenly, nothing matters—not even the painful knowledge of Phillippe's engagement.

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Signature (if under 18 parent or guardian must sign)  
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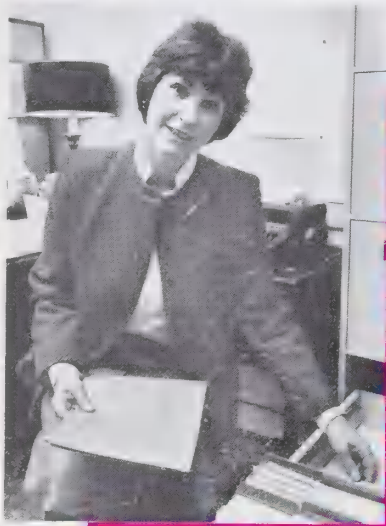
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# HOW AMERICA

*A celebration of the varied ways people are reaching out to others, coping*

## WOMAN WITH A MISSION



Photograph by Terry Arthur/Camera 5

Six years ago, Ingrid Fabbe Bauer, then 34, was on welfare. Now she supports herself and her children, and owns her home. She is confident that other women can find their way out of economic privation, and her mission is to show them how.

Mrs. Bauer lives on San Juan Island in Puget Sound, two hours by ferry from mainland Washington. Her 1972 divorce left her with two-year-old twin daughters and no way to support herself. "I was poor," she says. "I lived in a rural area where there was no day care, and I got no child support. I spent two and a half years on public assistance, and it made me realize the situation that a lot of women are in."

When her daughters started school, Mrs. Bauer decided to do two things: to go back to school herself and to become financially independent. She applied for a Basic Education Opportunity Grant and enrolled in a work/study program at a state college, at the same time looking for ways to "get around money—the one thing there's not enough of." She organized a food cooperative and learned the art of bartering with friends and neighbors.

During this time, Mrs. Bauer was also doing volunteer work—running self-help programs for older women and starting day-care services on the island. "I was finding ways to improve myself," she says, "and I learned to speak up when I wanted something."

Now a long way from being a welfare mother, Mrs. Bauer applied to the Farmers Home Administration for a low-interest, long-term loan to buy a house. Her proudest moment of all, however, was getting her college degree last year, at age 39. She promptly won a fellowship from the American Association of University Women and is spending a year as an intern to the Congresswomen's Caucus in Washington, D.C., researching legislation that affects women and the aged.

In June, Mrs. Bauer and her children return to their home on San Juan Island, where she hopes to help needy women of all ages generate income with home-based occupations. She sees cottage industry as an important and essential means for helping women reach independence. "Cottage industry is anything that you can do from your home," she explains, "including traditional things like knitting, sewing, quilting and canning. But it can also mean other things: day care, tourist services, growing herbs and, in the future, computer technology."

Summing up, Ingrid Bauer offers other suggestions for getting ahead:

- Investigate and take advantage of all the resources available in a community.
- Talk often to other women about your dreams, and work together when possible. Taking a chance is less frightening when you are with others.
- If education will help you reach your goal, get it. And let the people who can help you know what you are doing along the way.

## MOTHERS' CENTERS

"Every community needs a Mothers' Center," says Ruth Trembula of Rome, Ga., who is in the process of organizing one. "New mothers need people, and the center is an organized means of getting support you need."

Mothers' Centers are run by trained volunteers to meet the needs of a growing number of new mothers, like Mrs. Trembula, and to assuage the feeling of isolation that sets in after childbirth. Discussion groups deal with a variety of topics of concern to pregnant women and new, as well as experienced, mothers: the latest information on childbirth practices, postpartum problems, the ups and downs of toddlerhood and the pros and cons of working motherhood. Each center provides child care while groups are in session. Annual dues run \$20 to \$30 at centers; child care about \$2 per session.

The first Mothers' Center opened in Hicksville, N.Y., in 1975, with the backing of the Family Service Association and a local church that provided free space until they could afford to pay rent. More than 2,000 women have gone through the Hicksville center, and seven centers patterned after it have opened in other states.

The Hicksville center has recently received foundation funds to help mothers around the country who want to start centers. By calling their toll-free line, (800) 645-3828 (in New York, (516) 486-6614), you can get free information and all the hand-holding you need to get started.

When Ruth Trembula called the number and asked for the materials, she found it "too good to be true." Mrs. Trembula showed it to Terry Dunn, a friend who lives on a farm 45 minutes from her nearest friends. "She was really inter-



ested," Ruth reports. "We talked a lot, recruited two other women, and we held our first official meeting with just four people. Three more called and said they'd come to the next meeting. I went to a La Leche League meeting and talked about the center, and I've also told childbirth instructors about us."

Meanwhile, Mrs. Trembula has called Hicksville as often as three times a week for help from project coordinators Marge Milch and Lorraine Slepian. She has purchased their manual that details budgeting, organizing, conducting sessions and everything else necessary to run a center. (The book can be ordered from The Mothers' Center Development Project, 129 Jackson Street, Hempstead, N.Y. 11550, for \$7.95 plus \$1.95 postage.)

"Just the process of organizing the center is helping me," says Mrs. Trembula. "I wasn't always sure what I thought about things before. Now I am."

## LIVING HAPPILY TOGETHER

After being married for three years, Ginny and Manny Feldman sat down in their Los Angeles home to write some guidelines for a successful marriage. They called their work "The Marriage Creed," had it copyrighted and printed 100 copies. That was 11 years and one million copies ago.

"We didn't know what to do with it at first," recalls Manny, a former school principal and part-time marriage counselor. Ginny, a speech therapist, adds, "We printed it with a decorative border, put it in a few local gift shops and drugstores, and it sold." They printed more. A small ad in a national magazine sold 1,000 copies at a dollar each. They printed still more. A local druggist offered to buy thousands of copies to sell around the country.

## THE MARRIAGE CREED

### Comfort each other

Provide a refuge and sanctuary for each other from the chill winds of the world. Your marriage is a hearth, from whence comes the peace, harmony, and warmth of soul and spirit.

### Caress as you would be caressed

Warm your loved one's body with your healing touch. Remember that as babies can die with lack of touching, so can marriages wither from lack of closeness.

### Be a friend and partner

Friendship can be a peaceful island, separate and apart, in a world of turmoil and strife. Reflect upon the tranquility of the many future years you can share with a true friend, and beware of becoming battling enemies under the same roof.

### Be open with each other

Bind not yourselves in the secretness that causes suspicion and doubt. Trust and reveal yourselves to each other, even as the budding rose opens to reveal its fragrance and beauty.

### Listen to each other

And hear not only words, but also the non-language of tone, mood, and expression. Learn to listen to understand rather than listening to argue.

### Respect each other's rights

Remember that each is a person of flesh and blood, entitled to his or her own choices and mistakes. Each owns himself, and has the right to equality.

### Allow the other to be an individual

Seek not to create for each other a new mold that can only fit with much discomfort and pain. Accept the other as they are, as you would have yourself accepted.

### Give each other approval

Remember criticism divides, while compliments encourage confidence in the other. Hasten not to point out the other's mistakes, for each will soon discover his own.

### Cherish your union

Let no one come between your togetherness, not child, not friend, nor worldly goods. Yet maintain enough separateness to allow each other his or her own unique oneness.

### Love one another

Love is your river of life—your eternal source of recreating yourselves. Above all else—love one another.

Copyright©1971 by Emanuel M. and Virginia L. Feldman

"Then we decided to quit our jobs and market 'The Marriage Creed' ourselves," says Manny. "We sold our house and our car, went into debt and went broke for a while."

In 1974, the Feldmans bought a recreation vehicle and took to the highways, stopping at bookstores and other shops from coast to coast, talking to buyers, managers and owners. "We started getting orders for three thousand copies at a time from stores, marriage encounter groups, all denominations of churches, and marriage counselors."

Manny thinks "The Marriage Creed" keeps selling because it appeals to men and women. "We

wrote it at a time when people were saying marriage was dead. But they really wanted something, an ideal to aim for. It's the ten commandments of living happily together."

The Feldmans, who now live in rural South Dakota, admit that they sometimes have healthy arguments. "But when things get heated," Ginny says, "I just remind Manny that we did write 'The Marriage Creed,' and it says . . ."

"The Marriage Creed" still sells for one dollar at book shops, religious bookstores and gift shops. To order by mail, write M and G Originals, P.O. Box 710, Keystone, S.D. 57751. "The Marriage Creed" on parchment, \$3; mounted on a plaque, \$9. Prices include postage.





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Get the Cascade look...virtually spotless.

Most detergents can leave drops that spot.  
But Cascade's sheeting action leaves glasses  
virtually spotless...beautifully clear.





# ERMA BOMBECK'S CELEBRITY QUILT



*Erma, the quilting queen bee, stitches her Hollywood squares.*

I've never met Alan Alda, but we may be sleeping together for years to come," says humorist Erma Bombeck, America's self-proclaimed Housewife-at-Large.

But Alan Alda is only one of Erma's latest bedfellows. There are also Paul Newman and Walter Cronkite and Phil Donahue . . . and dozens of

other snuggly people who put their autographs on Erma's just-finished 42-square quilt.

The idea for her "master quilt" (an age-old American tradition in which personalized squares of material are patched together by a quilter) came when Erma's church sent her one square to embroider for (continued)





# JOHNNY CARSON

Erma just shrugged when Johnny's square (*above*) came in the mail. It's a drawing of a goofy-looking rabbit.

"Beats me!" says Erma. "I guess he drew a rabbit because he likes magic and I suppose he considers himself a magician."

"Well," Erma admits, "he's magic to me, so I'm not unhappy."

What with Johnny's rabbit, Dear Abby's cat, Kermit the Frog and Snoopy, Erma will have her hands full . . . she just hopes her husband doesn't mind the menagerie!

its master quilt. Erma, who began quilting in 1955 when she was pregnant with her son, Andy—and who can usually be found quilting when she's not busy quipping—thought the church quilt was a great idea. So great, in fact, that she decided to start one of her own.

"I didn't set out to amass a giant autograph book of famous names," explains the quilting queen bee. "Every person who signed a quilt square means a lot to me. They are each an important part of my life. A lot of them I've never met personally . . . but I asked them to be part of my quilt because they've inspired me or awed me or influenced me in some way or another."

"But now I think I've created a monster!" says Erma. Because of all the famous autographs (including Snoopy's and Kermit the Frog's), Erma says, "The quilt may now be too valuable to put on a bed. I'm getting paranoid about it."

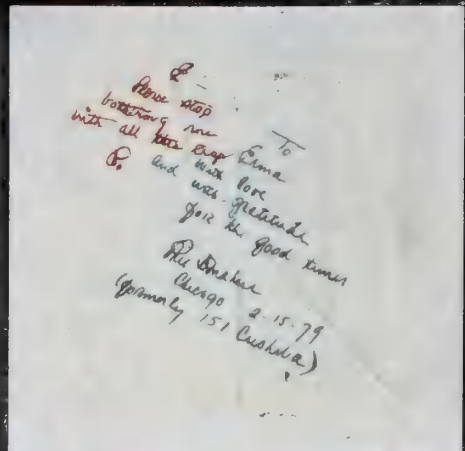
"I'm also paranoid about what my kids will do with it after I die. I can picture them selling the thing for a quarter at a garage sale . . . so I'm telling them right now, I can get very ugly after death."

The Quilt, as Erma now refers to it, is her sixth and most ambitious. She started the project in 1978 when she sent out the first six personal letters with her request, the rules of the game and stamped, addressed envelopes for returning each square.

"I knew I was approaching some of the busiest people in the world," explains Erma, "so I thought a personal note was polite . . . and return postage was the least I could do for these poor people. Can you see Walter Cronkite standing in line at the post office waiting to get his square weighed in?"

In the end, it took three years for the 42 squares to come back to Erma and for her  
(continued on page 112)

(continued on page 112)



PHIL DONAHUE

Erma tampered with this TV favorite's square (*above*), but she doesn't think he'll mind; they know each other well and used to live on the same street.

Phil's original square reads: "To Erma with love and with gratitude for the good times. Phil Donahue, Chicago (formerly 151 Cushwa)."

But Erma thought his ribbing accompanying note was worth publicizing, too, so she embroidered his black scrawl which read: "Please stop bothering me with all this crap."

She swears he's kidding!



*Erma's finished masterpiece (left) measures 72" X 84"—and with all its famous autographs, it might be worth a fortune someday!*

## SNOOPY

This patch from Charles Schulz (*below*) is one Erma treasures. "To have an original Snoopy is really something," marvels Erma. "I may be going to the dogs, but I'm going in style."

Erma is also proud of her patch from Sylvia Porter (see third square, fifth row, opposite). The square, an elaborately drawn piece of work, says: "E = MC<sup>2</sup>. Mass being converted into energy causes the sun to shine."

"I don't understand her message," says Erma. "But you don't have to. Her square adds status to The Quilt."



NEWMAN'S

BLACK!

PLN

## PAUL NEWMAN

He may be Erma's sexiest bedmate, but Paul Newman wrote the most upsetting of all the epigrams: "Just when things look darkest they go black! PLN."

But this square (*above*) is not the only PLN autograph Erma has. The other is more cheerful. "Once when Paul was in Arizona making a film," says Erma, "someone took a picture of him kissing a bear. Next day, he sent me the picture and wrote: 'I waited in the hotel room, but when you didn't show up, I had to make do. PLN.'"

## ALAN ALDA

Erma joined her quilt squares together in the order they were returned. The first square in the upper left-hand corner is from Alan Alda.

It says simply: "Equality Now Dammit." And Erma says simply: "I don't know Alan, but I really admire him for all the right reasons."

As for prompt replies, Erma was able to learn which of the advice-giving twins (Abby or Ann) is faster in answering her mail. Ann Landers's square is in the first row, while Abby's arrived later, and is in the third row.

EQUALITY  
NOW, DAMMIT.

Alan Alda

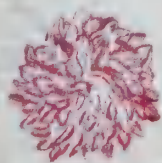
## MARY TYLER MOORE

These delicate flowers (*below*) were given a title by the artist in her own fragile handwriting: "Long conversation on phone."

"Obviously," notes Erma, "Mary is one of those people who can't keep her hands still ... but I always wonder about people who doodle while they're talking on the telephone."

"Mary is very artistic. She used to do needlepoint on the sets of her TV shows. I embroidered her flowers in pink and white because I thought they were the right colors for her."

I can't believe it's you under that quilt,  
wrote the quilt.  
But she told me - she  
thinks you're really young 22, 1980



Long conversation on phone  
by Mary Tyler Moore

## CAROL BURNETT

"Some squares were easier to embroider than others," reports the quilt-maker. "Like Rona Barrett's (fourth square, fifth row). Hers was just her signature and a few little daisies. But Carol Burnett's! Her square (*below*) is an elaborate sketch of herself as a washerwoman."

"I did her hair in yarn and the broom with special bristles—and that took time! Not talent—just time."

"And please, don't look at the back of The Quilt. Never look at the back of anything I do."

—SUZY KALTER

## WALTER CRONKITE

Millions of TV viewers miss the veteran anchorman's familiar closing. But Erma Bombeck still spends her nights with his famous words (*above*). "I can't believe it's you under that quilt," wrote Walter Cronkite. "But they tell me—that's the way it is."

Other newsmen to take their nightly place on Erma's bed are David Hartman, first square, second row ("Check out the stick figure body—that's not like David at all!" says Erma), and Gene Shalit, fourth square, third row (well, at least his moustache and glasses).







*"I love you." The words that every woman wants to hear may be the most difficult words for a man to say.*





in the summer of 1917, while the grim battles of World War I are being fought on distant shores, two brothers come to Cape Cod to visit their aunt. Chapin and Tip Ames are only 15 months apart in age, but vastly different in temperament. Chapin yearns for position and power, while Tip cares more about people.

But the brothers have one important thing in common—they're both in love with the same woman: Jophy Gaspa, the passionate and beautiful daughter of a Portuguese fisherman. Where will the struggle between Chapin and Tip end? Which brother will capture Jophy's heart?

All three are attending an annual costume ball in our memorable excerpt from Anton Myrer's important new novel of money and temptation that spans half a century of American life.

## A GREEN DESIRE BY ANTON MYRER

The ball had turned out to be fun—Chapin Ames hadn't expected to enjoy himself and he was, hugely. The building overlooked the lower channel. The great double doors of the rigger's loft had been swung back, and the dancers drifted out onto the wharf's worn planking as the mood suited them. Nets had been slung from weir poles in black, gauze-like festoons, and lights fitted cleverly in glass net floats bathed the celebrants in soft ruby and amber and indigo hues. The entire scene seemed to be floating on the still, inky water of the harbor. The band, a rambunctious group that called itself the Cape Corsairs, played with more enthusiasm than skill, but the couples, jouncing or dipping or gliding, were determined to have a good time—for this was the Grand Banks Ball, the climactic event of the Lower Cape's social season.

Nautical motifs inevitably predominated. There were patch-eyed pirates galore, there were Jack Tars and naval gunners of 1861 and Revolutionary captains in tricorne hats. There were mermaids and sirens and Viking maidens in gleaming breastplates and flowing blond hair—there was even a Cleopatra, outrageously décolleté, with mascaraed eyes and a golden headdress. Chapin, feeling lordly as an admiral of the Grand Armada, complete with plumed hat and basket-hilted rapier, spotted a Venetian gondolier in sash and flowing shirt, and a King Neptune, draped in a horrendous mantle of seaweed. One mad-cap spirit had actually managed to squirm his way into a seal costume; he clapped his flippers and uttered sharp, hoarse barks now and then throughout the evening.

There were other costumes in evidence this summer of 1917. Dancing with Jophy, Chapin picked out several apprentice seamen and boatswain's mates, and a few men from the newly formed Coast Guard. At the center of the floor, moving sedately with a Portuguese queen, was a Navy commodore, dazzling in dress whites; here and (continued on page 112)



# GUIDE TO PERFECT FRYING

**Lose your fear of frying! Banish spatter and smoke! Learn to cook your foods cleanly, crisply by following these three basic frying techniques. Special bonus: clip-out recipe cards.**

**F**rying is basically the fastest cooking method, quickly sealing in food's good flavors. The secret to successful frying? Temperature. With the right oil at the correct temperature, fried foods needn't be greasy. **Oils:** Some oils, such as vegetable, corn or peanut, have what's known as a high "smoke point" as compared to the low "smoke point" of olive oil, butter or margarine. This "point" is the temperature at which the fat breaks down, giving off smoke and producing a greasy taste and aroma. The three frying techniques differ mainly in the depth of oil used.

**Sautéing:** In  $\frac{1}{8}$  to  $\frac{1}{4}$  inch oil. Best for small or thin, evenly shaped pieces of food. A flared skillet works better than a straight-sided one, directing the steam off so food will brown faster. Recipes to try: Broccoli with Garlic (*shown*), Chicken Piccata, Liver with Shallot Vinegar, Sautéed Potatoes.

**Pan frying:** Takes  $\frac{1}{4}$  to 1 inch fat, so food can be partially submerged. Test oil temperature by dropping in a small piece of food or bread cube. If piece sizzles and swims around pan, oil is ready. Turn food only once with tongs or slotted spoon. Recipes: Potato Stars (*shown*), Southern-Fried Catfish, Southern-Fried Chicken (see recipe card), Eggplant Cutlets.

**Deep frying:** Several inches of oil (pan about  $\frac{1}{3}$  to  $\frac{1}{2}$  full). Needs the most precise control. If oil is too hot, food burns; not hot enough, food soaks up oil. Most reliable way is an electric deep fryer with a built-in thermostat. You can also use a deep saucepan, with or without basket, and a thermometer. The temperature for most deep frying is 375°F. No thermometer? If a one-inch bread cube browns in one minute, oil is ready. Or: Drop a piece of food into oil. If it sinks, oil isn't ready; if it swims on the surface, temperature is correct. Recipes: Batter-Fried Chicken (*shown*), Japanese Tempura and French-Fried Potatoes (see recipe cards for these two), Hush Puppies.

For more information and recipes, see page 122.



From the French sautéer (to jump). Quick cooking in just enough oil to prevent sticking. Trick: shake pan or stir to keep food "jumping." Broccoli with garlic stays green, delicate.

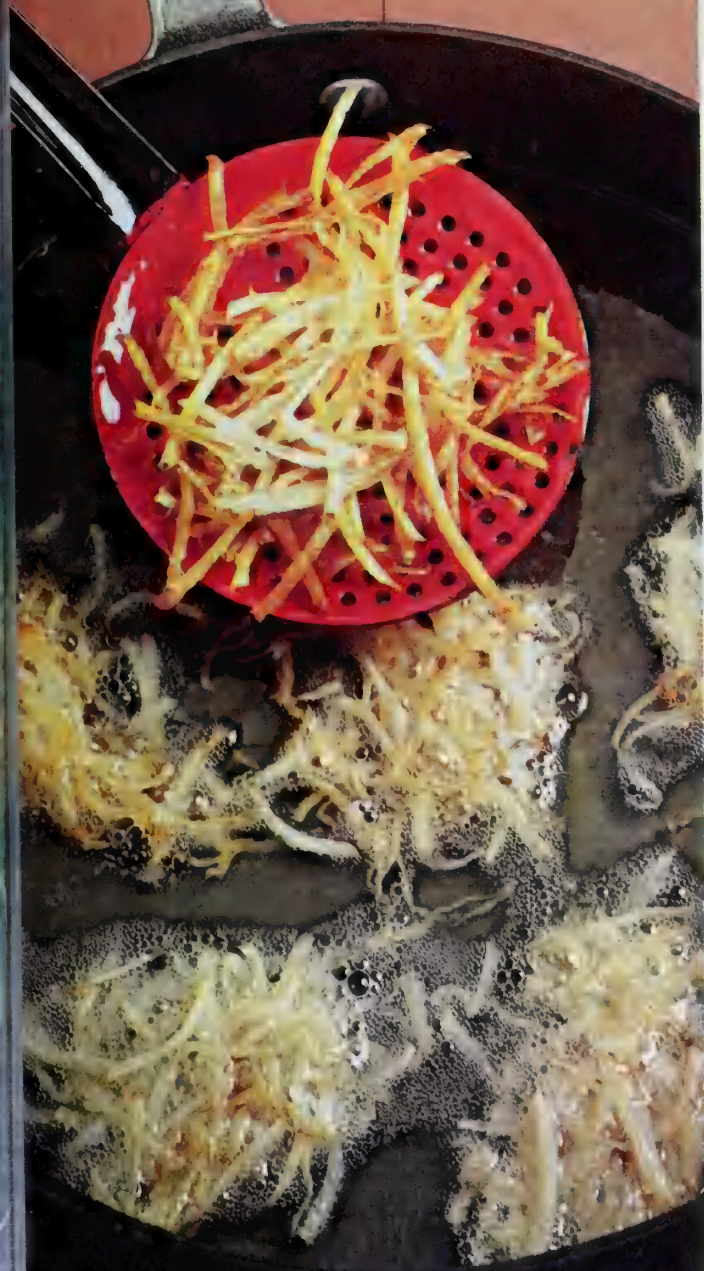


Photographs by Bill Margerin



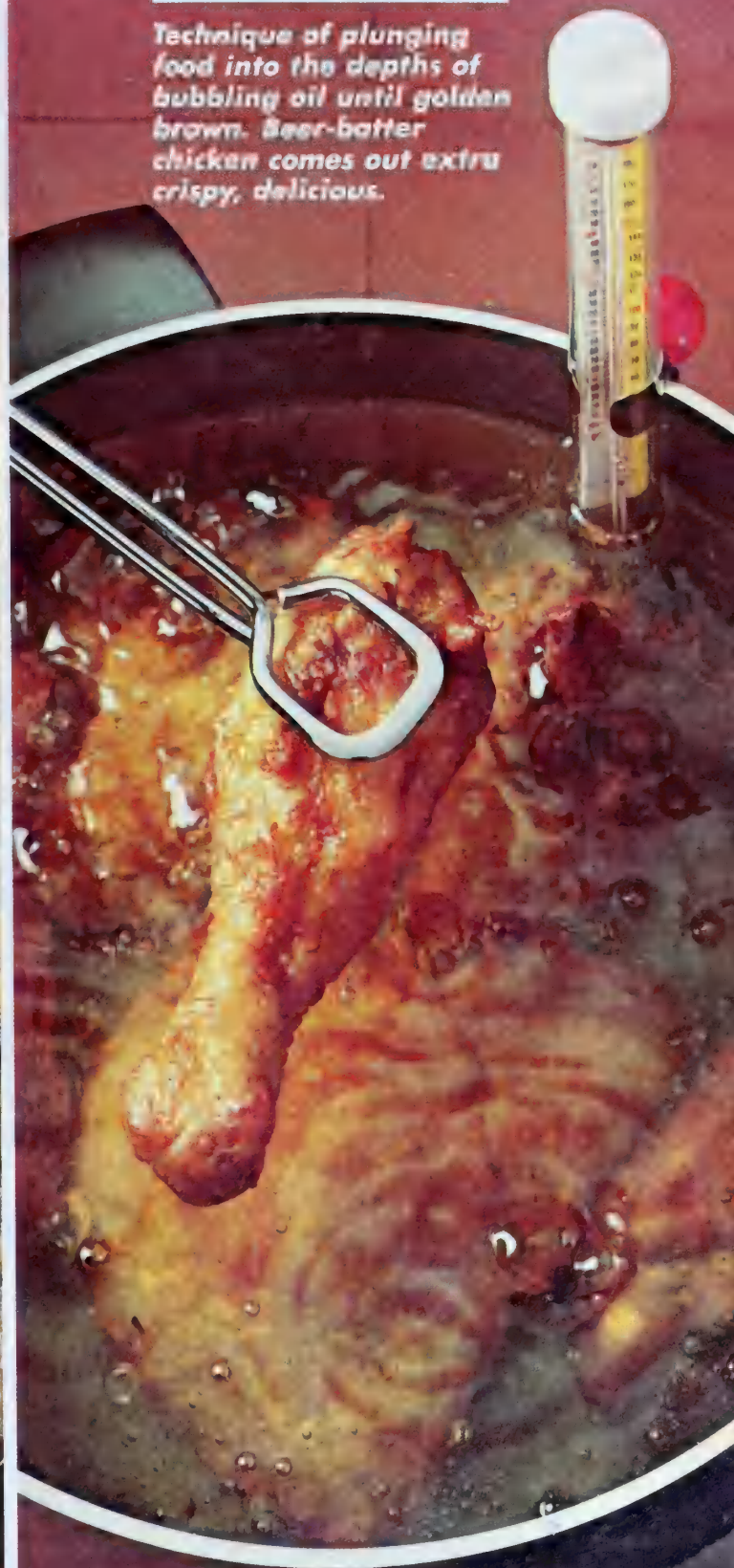
# pān frý

*A sizzling situation! Spoonfuls of shredded potatoes form crunchy stars when almost submerged in shallow oil.*



# dēep frý

*Technique of plunging food into the depths of bubbling oil until golden brown. Beer-batter chicken comes out extra crispy, delicious.*







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## ■ Protection: The vital step in skin care.

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New research shows that sunlight can cause damage to your skin—on a daily basis, year round. "People only think of protection at the beach—they don't realize that they are exposed to sunlight throughout the year, and this has a cumulative effect," explains Dr. Robert Sayre, director of the Photobiology department at the Coppertone Solar Research Center. "And since you never

know when you'll be outdoors, the strategy now is to use a sunscreen every day, *all day*." The beauty industry, realizing this, is making sunscreens a matter of course—including them in moisturizers and makeups with an SPF (sun protection factor) from 2 to 15 (the higher the number, the greater the protection). Protection then becomes an effortless beauty routine.

**New  
ways  
to  
better  
skin**

■ Here's important news to help you have baby-soft, younger-looking skin. Plus a unique skin-care chart that can solve many problems





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## ■ Off the shelf and into your handbag!

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Every woman keeps a stock of favorite skin-care products on her bureau or bathroom shelf. Big, bulky jars of this, large bottles of that. The good news now is that the basic skin helpers are small and portable—packaged like cosmetics in lipstick tubes, miniature compacts and tiny flacons. You can carry them

with you to refresh your skin throughout the day. Of note: Almay's Wrinkle Stick, to smooth over ultra-dry under-eye skin; Ritz Age-Zone Controller, a moisturizing complex in an eyedrop sized bottle; Arden Eight Hour Cream, new in a lipstick-like tube; and the Clinique Touch-Stick, an antiseptic wand for blemishes.

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## ■ A new substance for smoothing wrinkles ■ Less moisturizing that does more ■ Skin-fitness programs for custom care.

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**Wrinkle smoothers.** Recently FDA-approved for use in plumping out wrinkles, liquid collagen injections are receiving a great deal of attention. Explains N.Y. plastic and reconstructive surgeon Steven Herman: Once injected, this material becomes part of the skin and stimulates production of your own cell and fibrous tissue. He finds it effective for filling in smile lines, horizontal and vertical lines in the forehead and depressed acne scars. The procedure is relatively painless . . . the liquid collagen contains a local anesthetic. Following a test dose for allergic reaction, a series of two to six injections, separated by two-week

intervals, is usually necessary, depending upon the depth of the lines. The cost is approximately \$275 to \$325 per session.

**Less moisturizer.** We've all been taught the importance of moisturizing our face . . . automatically, every day. Wait—here's startling news. Latest research indicates that moisturizing should be selective—smoothed on only *when* and *where* skin is dry. Basically, the need to moisturize depends on certain factors:

1) Climate (sun, cold, wind are drying agents). 2) Time of year. According to Dr. Nia Terezakis, Assistant Professor of Medicine at Tulane University, "The same face that may be moist and greasy in June will probably be

dry and chapped in January."

3) Age (skin gets drier as you get older). 4) Condition of skin. If you have very oily skin, a slathering of moisturizer may make matters worse. With a combination of dry/oily, you should probably limit your moisturizer only to the dry areas. Naturally dry skin? Generally, you'll need complete coverage. And it's possible that if you're blessed with so-called normal skin, you may not need moisturizer at all.

**Skin fitness.** No matter what kind of skin you have—dry, oily, sensitive or any combination—there are now readily available skin-care regimens designed just for you: Specialized product

(continued on page 111)





## The Skin Chart

Common problems, causes and cures

possible causes

### **occasional pimple**

*Red, pus-filled lesion that develops when an overload of oil and bacteria causes skin pore to rupture and become inflamed.*

Hormonal changes, especially during:

- stress
- puberty
- before menstruation
- during pre-menopause
- while taking hormonal medication, including the birth control pill.

Excessive use of oil-based cosmetics, including moisturizer, foundation, blush/rouge.

### **broken capillaries**

*Tiny red lines (ruptured blood vessels) appearing primarily in nose and cheek area.*

Exact cause of rupture is not certain. Possible internal causative factors include high blood pressure and excessive consumption of alcohol. Possible external factors include overexposure to extreme high winds, sunlight and cold.

### **age spots**

*Small (flat or slightly raised) dark spots found especially on back of hands.*

General aging process complicated by cumulative exposure to sunlight over a period of time. Although not entirely documented, there seems to be strong evidence of a genetic connection as well.

### **wrinkles**

*Deep lines on face, neck.*

Breakdown of elastin and collagen fibers and shrinkage of normal fatty tissue underneath skin surface. The ultraviolet (UV) rays in sunlight are the major factor in elastin and collagen fiber breakdown, but smoking and frequent, rapid weight gains and losses also contribute.

### **moles**

*Benign skin tumors, often brown or bluish-black, usually raised, sometimes sprouting hair.*

Usually present at birth, but exact cause is unknown.



## how to avoid

If possible, discontinue hormonal medication, and avoid use of oil-based cosmetic products. Substitute water-based and powdered products.

An occasional pimple can be lanced as follows:

- Dip a fine needle in alcohol and gently pierce the pimple *from the side*—never from the top.
- With clean fingers, stretch skin gently so that pus can be released. (Do *not* squeeze pimple: It may cause an ice-pick scar.)
- Dab pimple with alcohol.
- Apply alcohol twice daily until healing is complete.

## cosmetic help

Tinted antiseptic lotion or cream preparation provides coverage and is conducive to drying. When wearing makeup, use the antiseptic lotion first. If blemish is extremely obvious, dab with a cover stick for additional coverage, then smooth foundation over all, being sure to blend edges all around.

Caution: If pimple has broken, leaving a surface that could be open to infection, do *not* apply foundation. Depend instead on a tinted antiseptic, blending the edges thoroughly.

## dermatology

An occasional pimple doesn't require dermatological attention, but a severe condition does.

## surgery

None.



All possible causative factors should be avoided or controlled. Since fair-skinned, light-eyed people tend to have more fragile skin, they are more susceptible to broken capillaries and thus should take extra precautions.

Since broken capillaries most frequently occur on cheeks and around the nose, look for a cream or other heavy-duty foundation for maximum coverage in that area.

Blood vessels cannot be repaired after rupture, but they can be cauterized with an electric needle. This process coagulates blood vessels and halts blood leakage, thus eliminating the red lines.

Above: Try lime slices to tighten and refresh—a quick and easy astringent. Below: Whisk off excess oil with blotting tissue or pre-soaked astringent pads.

Become aware of just how frequently your hands are directly exposed to the sun: gardening, playing a sport (tennis, golf), riding a bicycle, reading a book on the beach. Where practical, slip on a pair of gloves. Other than wearing gloves, be sure to protect backs of hands with the strongest sunscreen you can find, preferably one with a minimum SPF of 15.

- Spots can be lightened by application of a commercial bleaching product containing hydroquinone. Follow directions and be careful to use a maximum-protection sunscreen after each application.
- For the special occasion, age spots can be disguised with a waterproof cosmetic concealer set with loose powder for a lasting effect.

In extremes, several procedures are possible:

- Removal is possible with cryotherapy, an office procedure that freezes surface skin layers, causing spots to eventually peel off.
- In some cases dermabrasion or chemical peels have been used, but the effect is usually temporary.



- Always use a sunscreen, particularly between 11 A.M. and 2 P.M. when UV radiation is strongest.
- Lose or gain weight slowly.
- If possible, stop smoking; otherwise, cut back.

Use moisturizers, particularly around the eyes, smile lines, neck. If using face powder, use a matte-finish product, since glitter powders will only exaggerate wrinkles. Same with eye shadows. Also, there are products that can be applied that "plump" wrinkles for several hours. Use under foundation.

Fine lines and wrinkles around lips and chin can be smoothed by *dermabrasion*, which planes down skin surface; or *chemical peel*, which burns away superficial outer skin layer. While skin is smoother after peeling, treated areas remain permanently lightened and require foundation coverage.

Deep wrinkles can never be totally eliminated, but a surgical face-lift can "draw up" excess facial skin, reducing wrinkling. Face-lift incisions usually start at temple area and extend down in front of ears, then continue along hairline to nape of neck. Skin is then "lifted" up and excess delicately snipped.

Impossible to avoid since they're probably genetic in nature. Any moles that suddenly appear when you're an adult should be checked by a doctor.

- Moles on the face or chest can be turned into an asset: Think of them as pretty and sexy beauty marks.
- Unsightly hairs should be clipped.

All moles should be carefully watched for any alteration in size, shape, color or appearance. Any change could indicate malignancy and should be evaluated by a dermatologist immediately.

It is possible to remove moles. In some cases it may be a cosmetic decision. In others, it may be a medical decision because the mole is subject to irritation. The decision to remove and the choice of procedure should be made with a physician.

**For more skin problems, causes and cures, turn to page 111.**



The image features three glasses of parfaits in the upper half and a fruit pizza in the lower half. The parfaits are layered with fruit purées, yogurt, and macaroons. The fruit pizza has a flaky crust and is topped with peach and pear slices. A can of macaroons is partially visible in the bottom right corner.

## TRIO OF PARFAITS

**From left: Pina Colada has pineapple, macaroons, yogurt; then two purées: amaretto-spiked apricot with vanilla yogurt; pear with sour cream.**

## FRUIT PIZZA

**A flat pie with peaches, pears in creamy filling on a flaky pastry crust.**





## TRIFLE

Easy version of the English classic. Rich with fruit salad, pound cake, jam and brandy. Yum!

# FOR OPENERS TAKE A CAN OF FRUIT

**Think big! Transform everyday cans of fruit into spectacular desserts. Handy on the shelf and a good value, these familiar friends can easily be made to look (and taste) fabulous. Treat family and friends to such delights as Cherries Jubilee or Tutti-Frutti Tortoni.**

**Recipes, page 104.**

Photograph by Irwin Horowitz



# DOCTORS HOOKED ON DRUGS

*A surprising number of physicians unable to cope with life's pressures reach into their own black bags for a quick "fix." Every day, thousands of "junkie" doctors practice medicine—even perform surgery. By Marvin Grosswirth*

**O**ver the past decade, doctors addicted to drugs have been the stuff of scandals. In 1975, the story of Cyril and Stewart Marcus, twin obstetrician-gynecologists at one of New York's most prestigious hospitals, made headlines when they were found dead of barbiturate withdrawal. Often, however, such addiction is hushed up, ignored or unrecognized—sometimes for years. Even famous physicians from the past have not been immune. In the early 1900s, Dr. William S. Halsted, "the father of modern surgery," was hooked on cocaine until he switched to morphine—and psychoanalyst Sigmund Freud was at one point in his life a cocaine user. These are only a few of the most celebrated cases.

According to the American Medical Association (AMA), data from state licensure boards indicate that between one and two percent of *all* physicians—nearly 9,000 doctors—are dependent on drugs. The addiction rate among doctors is estimated at anywhere from 30 to 100 times that of the population at large.

In reality, the numbers could be a good deal higher, since no one is sure exactly how many doctors are hooked. Dr. Robert M. Morse, director of the Alcoholism and Drug Dependence Unit at the Mayo Clinic, calls the data from the state boards "probably the tip of the iceberg . . . these are only the people who have come to someone's attention." Part of the difficulty in locating "junkie" doctors is that physicians are adept at concealing their habits and can obtain their "fixes" within the context of their medical practice. They tend to avoid street drugs such as heroin and favor prescription medicines instead—most often the potent narcotic painkillers Demerol and Talwin.

About ten years ago, the AMA, recognizing the growing problem, initiated

*(continued on page 141)*

Photograph by Tom Arma







# Your decorating problems... and how to solve them

## PROBLEM:

A room that's too big,  
too long.



## SOLUTION:

Divide up the space into smaller areas to create cozy places for conversation, reading, etc. Use bigger, bolder furniture to stand out and impose a commanding presence.



- Color can play visual tricks: Dark tones reduce; lighter ones enlarge. Here, the matte-green walls help shrink the ample room size.
- Pale beige upholstery makes sofa and loveseat look bigger.
- Patterned area rug adds a wealth of visual interest.
- Fabric-covered screens at end of room break up expanse of wall, cut off the corner.
- Large-scale armoire (not shown) provides a strong vertical, brings the eye up.
- Table lamps define and warm up areas of room, adding a feeling of intimacy.
- Bigger accessories work better: an urn for flowers, large plate for an ashtray, a leafy green tree for a space filler.

*The great divide: Desk juts out dramatically into the room, making another area.*



**PROBLEM:** A living room that's dark and dreary all day long.



**SOLUTION:** Forget about the lack of outside light! Brighten up dim interior space with a play of soft pastels, accented by dramatic lighting. Suddenly alive, this room looks warm and very inviting.



- For instant freshness, a peachy wall color bordered and ceiling-beamed with blue.
- Comfortable sofa in a stylized tulip print is bright and cheery.
- Color-matched vertical blinds let slivers of light filter in.
- A march of track lights straight across the center of ceiling throws light to all corners of the room.
- Area rug picks up the pastel colors, adding excitement, without having to replace dark wall-to-wall carpeting.
- White plastic coffee table perks up the overall look.
- In dining area, white net chairs are airy, not bulky.

*The foyer is monochromatic—except for one striking blue vase.*



**PROBLEM:** Fitting two separate areas into one small room.



**SOLUTION:** You don't have to be stuck with the basically boring rectangle found in so many apartments or small homes. It's easy to expand even uninspired space by creating all kinds of visual excitement.

**Formulas  
for  
decorating:  
Tricks to  
solve  
your most  
common  
problems**

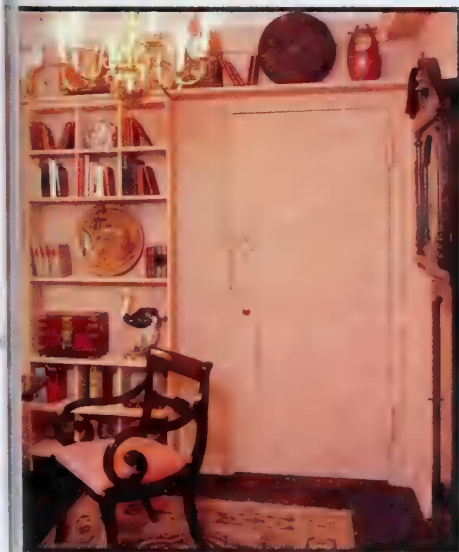
- Magnificent mirrored wall more than doubles space, reflecting all angles of the room.
- The repetition of three cool colors—aqua blue, apricot and beige—makes room look larger and wonderfully unified.
- Wall-to-wall carpeting in a sherbety shade carries the eye across in one sweep.
- Bright, shiny chrome on the coffee table, étagère and dining chairs adds more reflections.
- Simple, no-fuss sectional sofa provides plenty of comfortable seating without being visually distracting.
- Wall of no-color vertical blinds (floor to ceiling) enlarges the room, brings in a flood of light.
- Even the fireplace is minimized—without a mantel.



## PROBLEM: Doors galore confuse the traffic flow.



**SOLUTION:** With three ways to enter the living room and four doors in the nearby hall, you have to learn how to work around (and walk around) the broken-up space. Clever camouflage helps!



- One door, deep in the room, gets treated just like a window—with valance and curtains.
- All the doors and moldings are painted the same light caramel-cream color as the walls.
- Large sofa runs along the one unbroken wall. Its dark tweed creates a solid mass to focus on.
- Luscious peach velvet love-seat, framed by the window, provides a second focal point.
- Chair placement is flexible—depending on number of people. Center of room is kept free of furniture for smooth traffic flow.
- Adjacent hallway, painted the same creamy color, has tall grandfather clock positioned between two closet doors to distract the eye.

For shopping information see page 144.

*Bookshelves cover over extra entry door, turn hallway into mini-study.*



## **SHEPHERD'S PIE**



**GLAZED  
BAKED  
HAM**

**MANHATTAN  
HAM  
CHOWDER**

**PIQUANT  
HAM LOAF**

# **WHAT**

**FROM ONE WHOLE HAM  
(12-14 LBS.), YOU CAN  
GET NINE TERRIFIC  
FAMILY MEALS. POUND  
FOR POUND, TASTE FOR  
TASTE, IT'S A BARGAIN!**

**By Sue B. Huffman,  
Food and Equipment Editor**







## HEALTHY HAM HERO



## HAM MOUSSE

## QUICKIE CASSOULET

# A HAM!

If you think about ham only for entertaining, think again. A whole smoked ham (bone-in) qualifies as a versatile family staple—offering 3 or more servings per pound. You can slice, dice or grind the rosy-hued ham into many dishes—from a bean-rich cassoulet to an updated ham loaf. Kids can cart off nutritious heroes to school. Plus, ham is good to the last morsel—you can toss in the bone to flavor a hearty chowder. Perfect-for-spring recipes, page 102.



## WHAT A HAM!

*continued*

### GLAZED BAKED HAM pictured on page 100

*Serve dinner for four and still have enough for all our other ham recipes.*

- 1 whole 12- to 14-pound fully cooked smoked ham, bone in
- 8 whole cloves
- 2 cups firmly packed brown sugar
- Water
- Parsley for garnish

Preheat oven to 375°F. Place ham, fat side down, in deep roasting pan. Add cloves and brown sugar to roasting pan. Pour in enough water to cover 1/3 of the ham. Bake uncovered on lowest rack position 1 1/2 hours. Turn ham over. Carefully cut off skin (rind) and score fat into diamond shapes. Bake 1 1/2 hours longer, basting occasionally. Serve hot or cold. Makes about 30 servings, about 70 calories per ounce.

*Ed. Note:* You can substitute a 10-pound boneless ham and follow manufacturer's heating instructions.

### SHEPHERD'S PIE pictured on page 100

*A new twist—ham instead of lamb, sweet potatoes instead of white.*

- 2 cups cooked, mashed sweet potatoes
- 3 tablespoons butter or margarine, melted
- 1 tablespoon plus 1 teaspoon brown sugar
- 1 cup pineapple juice
- 2 tablespoons cornstarch
- 2 tablespoons water
- Dash pepper
- 1 cup frozen small white onions, thawed
- 1/2 cup frozen green peas, thawed
- 2 cups diced ham

Mix sweet potatoes with 2 tablespoons butter or margarine and 1 tablespoon brown sugar until smooth; set aside.

Preheat oven to 350°F. In medium saucepan combine pineapple juice, cornstarch, water, remaining brown sugar and pepper. Cook over medium heat, stirring constantly, until sauce begins to thicken. Add onions and peas; cook 2 to 3 more minutes. Stir in ham. Spoon into 1-quart baking dish. Dollop sweet potato mixture around edges. (Or, if desired, pipe around edges with pastry bag fitted with 1/2-inch star tip.) Brush potato mounds with remaining butter or margarine. Bake about 15 minutes. Makes 4 servings, about 400 calories each.

### HAM IN BRIOCHE pictured on page 100

*Our test kitchen favorite.*

#### Brioche

- 1 package active dry yeast
- 1/4 cup warm water (105-115°F.)
- 1 1/2 teaspoons sugar
- 1/2 teaspoon salt
- 1/2 cup butter or margarine, softened
- 2 eggs (at room temperature)
- 2 cups all-purpose flour

#### Filling

- 2 tablespoons butter or margarine
- 1 medium onion, chopped
- 1/2 pound fresh mushrooms, sliced
- 1 egg yolk
- 1 tablespoon heavy or whipping cream
- 2 cups diced cooked ham
- 1/2 pound sliced Provolone cheese
- 1 jar (7 oz.) roasted red peppers, cut into thin strips
- 1 package (10 oz.) frozen artichoke hearts, thawed and drained

*Brioche:* Dissolve yeast in water; add sugar. Add remaining ingredients; beat well with mixer or in food processor. Turn into bowl; cover tightly and refrigerate at least 4 or up to 24 hours.

*Filling:* When ready to assemble and bake, melt butter or margarine and sauté onion and mushrooms until tender; set aside. Beat egg yolk and cream; set aside.

Preheat oven to 375°F. Using 2/3 of dough, roll out or press evenly against bottom and sides of greased 8-inch springform pan. Brush with egg/cream glaze. Layer filling: all the ham; half the cheese; mushroom and onion mixture; remaining cheese; pepper strips; artichoke hearts. Roll remaining dough into 8-inch round; brush with glaze. Place brushed side down over filling. Seal edges and cut steam vent in center. Brush top with glaze. Bake 35 minutes. Makes 6 main-course servings, 12 first-course servings, 695 calories per 6, 350 calories per 12.

### ISLAND SALAD pictured on page 101

*Enhanced with a coriander-spiced dressing—it's terrific.*

- 3 cups cold cooked rice
- 2 cups diced cooked ham
- 1/2 cup chopped red or green pepper
- 1/4 cup chopped green onions
- 2 tablespoons chopped fresh parsley
- 1 can (8 oz.) pineapple slices in own juice, drained

#### Dressing

- 1/2 cup salad oil
- 2 tablespoons lemon juice
- 2 teaspoons ground coriander
- 1 teaspoon sugar
- 1/4 teaspoon salt

In medium bowl combine first five ingredients. Cut pineapple slices into eighths and add to bowl.

*Dressing:* In small jar with lid combine dressing ingredients. Cover tightly and shake well. Pour over rice and toss until well coated. Makes 6 servings, about 375 calories each.

### HEALTHY HAM HERO pictured on page 101

- 2 6-inch crusty hero loaves
- 2 tablespoons butter or margarine
- 2 large lettuce leaves
- 1 large tomato, sliced
- 1 large avocado, sliced
- 1/2 cup ham salad (see below)
- 1/2 cup alfalfa sprouts

Cut heroes in half lengthwise and spread with butter or margarine. Start with bottom half of loaf, layer as

follows: lettuce leaf; 3 tomato slices; 3 avocado slices; 1/4 cup ham salad; 3 tomato slices; 1/4 cup alfalfa sprouts. Cover with top half of loaf. Makes 2 sandwiches, about 520 calories each.

### HAM SALAD

*Grind ham in your food processor or food grinder to prepare both this salad and the ham loaf.*

- 1 1/2 cups ground ham
- 2 tablespoons Dijon mustard
- 2 tablespoons drained chutney, finely chopped
- 1 tablespoon minced onion
- 3 to 4 tablespoons sour cream

In medium bowl combine first 4 ingredients. Stir in enough sour cream to bind. Use as sandwich filling (see above) or an appetizer mounded on cucumber slices, in cherry tomatoes or on cocktail bread. Makes about 1 1/4 cups, about 30 calories per tablespoon.

### PIQUANT HAM LOAF

#### Glaze

- 1 can (8 oz.) pineapple slices in own juice
- 2 tablespoons brown sugar
- 2 teaspoons cornstarch
- 2 teaspoons prepared mustard
- 1 tablespoon cider vinegar

#### Loaf

- 2 eggs
- 1 cup milk
- 1/2 cup fresh bread crumbs
- 1 teaspoon dry mustard
- 2 tablespoons prepared horseradish
- 1/4 cup onion, finely chopped
- 6 cups ground cooked ham
- 1 pound ground raw pork

*Glaze:* Drain pineapple and reserve juice. In small saucepan combine all ingredients except pineapple slices. Cook over medium-high heat, stirring until it comes to a boil. Reduce heat and simmer 2 minutes; set aside.

*Loaf:* Preheat oven to 350°F. Line 9x5x3-inch loaf pan with foil, letting ends extend over edge of pan. In large bowl combine all ingredients; mix well. Spoon into pan and bake 30 minutes.

Remove from oven and arrange pineapple slices on top; spoon glaze on top and return to oven. Bake 30 more minutes. Cool 5 to 10 minutes. Pour off excess liquid. Lift loaf from pan; discard foil. Transfer loaf to serving platter. Makes 16 1/2-inch slices, about 250 calories each.

### QUICKIE CASSOULET

- 2 tablespoons plus 1 teaspoon butter or margarine
- 1 medium carrot, very thinly sliced
- 1/2 cup chopped onion
- 1/4 cup chopped celery
- 1 garlic clove, crushed
- 1/4 teaspoon thyme, crushed
- 1/3 cup dry white wine
- 1 1/2 cups diced cooked ham
- 1 can (16 oz.) small white beans, undrained
- 1 tablespoon chopped parsley
- 1/4 cup fresh bread crumbs *(continued)*



# CAMPBELL'S SOUPS MAKE GOOD FOOD EVEN BETTER.



## PARMESAN CHICKEN

- |                                      |  |
|--------------------------------------|--|
| 1/4 cup fine dry bread crumbs        | Dash pepper                            |
| 4 tablespoons grated Parmesan cheese | 2 pounds chicken parts                 |
| 1/4 teaspoon oregano leaves, crushed | 1 can Campbell's Cream of Chicken Soup |
| Dash garlic powder                   | 1/2 cup milk                           |
|                                      | Paprika                                |

Combine crumbs, 2 tablespoons Parmesan, oregano, garlic, and pepper; roll chicken in mixture. Arrange in 2-quart shallow baking dish (12x8x2"). Bake at 400°F for 20 minutes. Turn chicken; bake 20 minutes more. Meanwhile, blend soup and milk; pour over chicken. Sprinkle with paprika and remaining Parmesan. Bake 20 minutes more or until done. Arrange chicken on platter. Stir sauce; serve with chicken. Makes 4 servings.

## TUNA NOODLE COMBO

- |   |                                     |
|---|-------------------------------------|
| 1 can Campbell's Cream of Celery Soup           | 2 tablespoons chopped pimiento      |
| 1/2 cup sour cream                              | 1/4 teaspoon salt                   |
| 1/2 cup milk                                    | Generous dash pepper                |
| 1 can (about 7 ounces) tuna, drained and flaked | 2 cups cooked noodles               |
| 2 tablespoons chopped parsley                   | 2 tablespoons buttered bread crumbs |

In 1 1/2-quart casserole, combine soup and sour cream; stir in milk. Add tuna, parsley, pimiento, seasonings and noodles. Bake at 400°F for 25 minutes or until hot; stir. Top with bread crumbs. Bake 5 minutes more. Makes about 4 cups.

## BEST EVER MEAT LOAF

- |                                       |                              |
|---------------------------------------|------------------------------|
| 1 can Campbell's Golden Mushroom Soup | 1/2 cup finely chopped onion |
| 2 pounds ground beef                  | 1 egg, slightly beaten       |
| 1/2 cup fine dry bread crumbs         | 1 teaspoon salt              |
|                                       | 1/2 cup water                |

Mix thoroughly 1/2 cup soup, beef, bread crumbs, onion, egg, and salt. Shape firmly into loaf (8x4"); place in shallow baking pan. Bake at 375°F for 1 hour 15 minutes. Blend remaining soup, water and 2 to 3 tablespoons drippings. Heat; stir occasionally. Serve with loaf. Makes 6 servings.

## GARDEN SKILLET

- |                                      |  |
|--------------------------------------|--|
| 2 cups diced zucchini squash         | 3 cups cooked elbow macaroni                               |
| 1/2 cup chopped onion                | 2 cups shredded sharp Cheddar cheese                       |
| 1/2 teaspoon basil leaves, crushed   | 1 can (about 16 ounces) tomatoes, chopped and well drained |
| 2 tablespoons butter or margarine    | 1/2 teaspoon prepared mustard                              |
| 1 can Campbell's Cheddar Cheese Soup |  |

In skillet, cook zucchini and onion with basil in butter until tender. Add remaining ingredients. Heat until cheese melts; stir occasionally. Makes about 5 1/2 cups.

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## WHAT A HAM! *continued*

Preheat oven to 350°F. Melt 2 tablespoons butter or margarine in large skillet and add carrot, onion, celery, garlic and thyme. Cook about 5 to 8 minutes over medium heat or until soft. Pour in wine; cook 1 minute. Stir in ham, beans and parsley. Spoon into 1-quart casserole. Sprinkle with bread crumbs; dot with remaining butter or margarine. Bake 30 minutes. Makes 4 servings, about 390 calories each.

### HAM MOUSSE

*A low-calorie hors d'oeuvre served on cucumber slices.*

- |                                   |   |
|-----------------------------------|---|
| ½ cup unsweetened pineapple juice | 1½ cups ground cooked ham               |
| 1 envelope unflavored gelatin     | 1 egg white, at room temperature        |
| Generous dash cloves              | ½ cup very cold heavy or whipping cream |
| 1 tablespoon Dijon mustard        |   |

In saucepan combine pineapple juice, gelatin and cloves. Let stand 2 minutes, then stir over low heat until gelatin dissolves. Stir in mustard and ham; set aside. Beat egg white until stiff but not dry. Fold into mixture.

Beat cream until it holds a peak; fold into ham mixture. Spoon into 3-cup mold. Cover and refrigerate at least 3 hours or up to 24 hours. Serve on cucumber slices, crackers or slices of cocktail rye bread. Makes 3 cups, about 20 calories per tablespoon.

### MANHATTAN HAM CHOWDER

*This soup's not too rich—full of vegetables and spices.*

- |                                     |  |
|-------------------------------------|--|
| 1 meaty ham bone                    | 1 can (16 oz.) whole tomatoes, undrained and chopped |
| 4 quarts water                      | 1 can (16 oz.) hominy, drained                       |
| 2 tablespoons butter or margarine   | 4 whole cloves                                       |
| 1 cup coarsely chopped onions       | ¼ teaspoon ground coriander                          |
| 1 cup sliced celery                 | ¼ teaspoon ground ginger                             |
| ½ cup coarsely chopped green pepper | ¼ teaspoon crushed red pepper flakes                 |
| 4 cups coarsely chopped cabbage     | ¼ teaspoon cumin                                     |
|                                     | ¼ to ½ teaspoon salt                                 |

Combine ham bone and water in large saucepot or Dutch oven. Bring to a boil; reduce heat and simmer 1 hour. Meanwhile, in large skillet melt butter or margarine over low heat. Add onions, celery and green pepper; sauté 5 minutes. Add cabbage; sauté 5 more minutes. Set aside.

Skim off and discard surface fat from broth. Add sautéed vegetables and remaining ingredients except salt. Bring to a boil; reduce heat and simmer 2 hours. Remove bone; trim off and return meat to soup. Add salt to taste. Makes about 11 cups, about 65 calories per cup. **End**

### TAKE A CAN OF FRUIT

*continued from page 93*

#### PIÑA COLADA PARFAIT pictured on page 92

*Everything but the rum (you can have that on the side).*

- 2 containers (8 oz. each) pineapple-coconut or vanilla yogurt
- 1 cup crushed coconut macaroons
- 1 can (20 oz.) crushed pineapple, well drained

Spoon 2 rounded tablespoons yogurt into each of 4 parfait glasses. Top each with 2 tablespoons macaroon crumbs, then 3 tablespoons pineapple. Repeat layers. Serve well chilled. Makes 4 parfaits, about 305 calories each.

#### APRICOT PARFAIT pictured on page 92

*Almond liqueur delicately enhances the flavor of the apricots.*

- 1 can (16 oz.) apricot halves, well drained
- 2 tablespoons amaretto liqueur
- 2 containers (8 oz. each) vanilla yogurt



In blender purée apricots with liqueur until smooth. Spoon 2 rounded tablespoons yogurt into each of 4 parfait glasses. Top with 2 tablespoons apricot purée. Repeat yogurt and apricot layers. Serve well chilled. Makes 4 parfaits, about 180 calories each.

**PEAR PARFAIT**  
pictured on page 92

*Tangy sour cream, velvety pears—an unbeatable combination.*

**1 can (16 oz.) pear halves, drained**  
**1 cup sour cream**  
**1 tablespoon sugar**  
**1/2 teaspoon lemon juice**  
**1/8 teaspoon ground nutmeg**

In blender purée pears with lemon juice until smooth. Combine sour cream, sugar and nutmeg. Place 2 tablespoons sour cream into each of 4 parfait glasses. Top with 2 tablespoons pear purée. Repeat layers. Serve well chilled. Makes 4 parfaits, about 175 calories each.

**FRUIT PIZZA**  
pictured on page 92

*A sour cream pastry, cream cheese filling and the fruit of your choice for topping. A grand slam dessert.*

<b>Pastry</b>	<b>1 teaspoon vanilla extract</b>
<b>1 1/4 cups all-purpose flour</b>	<b>Fruit</b>
<b>1/4 teaspoon salt</b>	<b>1 can (29 oz.) peach slices</b>
<b>1/2 cup butter or margarine</b>	<b>1 can (16 oz.) pear halves</b>
<b>1/3 cup sour cream</b>	<b>1 maraschino cherry (optional)</b>
<b>Filling</b>	<b>1/2 cup apricot jam, heated and sieved</b>
<b>1 package (8 oz.) cream cheese, softened</b>	<b>1 tablespoon rum or drained fruit juice</b>
<b>1/4 cup confectioners' sugar</b>	
<b>1/4 cup juice from drained fruit</b>	

**Pastry:** In large bowl combine flour and salt. Cut in butter or margarine until mixture resembles coarse crumbs. Stir in sour cream. Dough will be sticky. Roll into a ball and flatten. Wrap in plastic wrap and refrigerate several hours or overnight.

**Preheat oven to 375°F.** Press or roll out dough into 12-inch pizza pan, bringing it up the sides. (Lightly flour rolling pin or hands if necessary.) Prick bottom at 1-inch intervals. To prevent crust from shrinking, lay foil on dough; fill with dried beans or rice. Bake 10 minutes. Remove foil and beans. Bake 8 to 10 minutes more.

**Filling:** Meanwhile, in small bowl combine filling ingredients; beat until smooth. Gently spread filling on crust. Bake 8 to 10 minutes more or until filling is just set. Cool.

**Fruit:** Drain fruits and place on paper towels. Arrange peach slices around edge of pan. Make inner circle of pear halves. Place cherry or cut piece of peach in center. Heat apricot jam and rum; brush over top. Makes 8 to 10 servings, about 440 calories per 8, 350 calories per 10.

**TRIFLE**  
pictured on page 93

*Almost any fruit will do, but we like the color contrast of mixed fruit.*

<b>1/4 cup plus 2 tablespoons sugar</b>	<b>1/4 cup seedless raspberry jam</b>
<b>1 tablespoon cornstarch</b>	<b>1/4 cup brandy</b>
<b>1 egg</b>	<b>2 jars (17 oz. each) fruits for salad, drained (reserve juice)</b>
<b>1 1/4 cups milk</b>	<b>1 cup heavy or whipping cream</b>
<b>1/2 teaspoon vanilla extract</b>	
<b>1 pound cake (10 1/4 oz.), cut into 1/2-inch slices</b>	

In small saucepan combine 1/4 cup sugar and cornstarch; beat in egg until smooth. Pour in milk and stir until well blended. Cook over medium-low heat, stirring constantly, until mixture comes to a boil. Boil 1 minute, then cool 10 minutes, stirring occasionally. Stir in vanilla. Cover and refrigerate custard several hours until chilled. (Can be made ahead to this point. Cover and refrigerate up to 48 hours.)

(continued on page 108)

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## GOLDEN RULES.

1. To enter, print your name, address and zip code on an 8½" x 11" piece of paper and mail with your completed statement (as described below in point #2) to KRAFT NOBODY COOKS LIKE YOU CONTEST, c/o TRG Communications, Inc., 1140 Avenue of The Americas, New York, NY 10036. One statement per entry; each statement may be entered only once. No household may win more than one prize. 2. Complete in 25 words or less, the statement: "Nobody Cooks Like Me with Kraft recipes and products because...". Type or plainly print your statement on an 8½" x 11" sheet of paper. 3. NO PURCHASE NECESSARY. Entries must be postmarked no later than June 30, 1982, and received by July 9, 1982. Judging will be completed and winners will be notified by mail within 90 days of contest closing. 4. Entries will be judged by a qualified Board of Judges on the basis of content (appropriate response to the contest theme), originality & creativity, clarity, and human interest, in that order. Thirty-one final entries will be chosen and prizes will be awarded based on the scores earned. Decision of the Judges is final. No correspondence will be entered into. 5. Prizes include: One (1) Grand Prize: A trip to Walt Disney World Resort Complex for the winner and 3 family members and a 1982 Standard Chevy Cavalier Hatchback. Trip to Walt Disney World Resort Complex includes round-trip coach flight via Eastern Airlines from the nearest available Eastern point-of-departure to Orlando, Florida, 4 days and 3 nights at Walt Disney World Resort Complex, including accommodations (minimum 2 persons per room), breakfast, lunch, and dinner, ticket-books for all Magic Kingdom attractions for 3 days, use of a Hertz RENT-A-CAR free-of-charge for a period of 4 days. Winner will also receive MasterCard™ Travelers Cheques in the amount of \$500.00. Trip must be taken by March 1, 1983, subject to airline and hotel availabilities, and arrangements for trip must be made 30 days prior to departure. All transportation to point-of-departure is responsibility of the winner. Estimated Retail Value: \$12,895. Ten (10) First Prizes: White-Westinghouse Tri-Level Electric Range with Microwave. Estimated Retail Value: \$1,280.00 each. Twenty (20) Second Prizes: 5-piece set of Royal Worcester Fine English Oven-to-Table Porcelain, Evesham pattern. Estimated Retail Value: \$460.00 per set. Five hundred (500) Kraft Cookbooks to be awarded in a Second Chance Sweepstakes—a drawing for all entrants not winning other prizes. Estimated Retail Value: \$10.95 each. 6. All entries become the property of Kraft, Inc., and none will be returned. Submission of a winning statement in this contest gives Kraft, Inc. the right to adapt, publish and use the names and likenesses of the winners for any advertising and/or trade purpose by Kraft, Inc. and its agents, without compensation to or permission from, the entrant. 7. All prizes will be awarded. Prizes are non-transferable and non-redeemable for cash. No substitution of prizes is permitted. 8. ALL FEDERAL, STATE AND LOCAL TAXES ARE THE RESPONSIBILITY OF THE WINNER. Winners may be required to execute an affidavit of eligibility, release and indemnity. The Grand Prize winner of the car is also responsible for the appropriate sales and use tax, registration tax and any other taxes or fees applicable on this prize. If the winner is not a licensed driver he/she must sign a release and transfer to a licensed driver. Winners of appliances will be responsible for installation charges on all such appliances. 9. All entrants must be 18 years of age. This contest is void outside the U.S.A. (except for APO/FPO addresses) and wherever prohibited, taxed or restricted by law. Employees of Kraft, Inc. and its subsidiaries, its advertising agencies, TRG Communications, Inc. and their immediate families living in the household are not eligible. 10. Winners of Grand, First and Second Prizes can be obtained by sending a separate, stamped, self-addressed #10-size envelope (4½" x 9½") to KRAFT NOBODY COOKS LIKE YOU CONTEST WINNERS' LIST, c/o TRG Communications, Inc., 1140 Avenue of The Americas, New York, N.Y. 10036.



# Say the magic words

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## Fairy Dusted Spinach Salad

- |  |   |
|--|---|
| 1½ cups English muffin cubes               | ½ cup red onion rings                   |
| 2 tablespoons KRAFT Italian Dressing       | ½ cup mushroom slices                   |
| 2 tablespoons KRAFT Grated Parmesan Cheese | 4 crisply cooked bacon slices, crumbled |
| * * *                                      | ⅓ cup KRAFT Italian Dressing            |
| 2 qts. torn spinach                        | ⅓ cup KRAFT Grated Parmesan Cheese      |

Toss muffin cubes with dressing and cheese. Place on ungreased cookie sheet. Bake at 400°, 8 to 10 minutes or until lightly brown stirring occasionally.

Combine spinach, onion, mushrooms and bacon. Add dressing, cheese and croutons; toss lightly. 6 to 8 servings.



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## Cinderella's Supper Pie

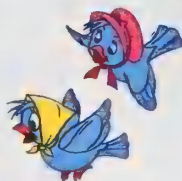
2 cups flour  
1 teaspoon salt  
1 cup PARKAY Margarine  
1 cup water  
1 egg, separated  
1 lb. ground beef  
1 cup soft bread crumbs  
1 cup chopped onion

1 tablespoon Worcestershire sauce  
1/2 teaspoon salt  
2 10-oz. pkgs. frozen mixed vegetables, thawed, drained  
1 cup cooked potato cubes  
1/2 lb. VELVEETA Pasteurized Process Cheese Spread, cubed

Combine flour and salt; cut in margarine until mixture resembles coarse crumbs. Gradually add combined water and egg yolk; mix well. Shape dough into ball; chill. Combine meat, crumbs, onion, Worcestershire sauce and salt; mix lightly. Shape into meatballs. Brown meatballs; drain. Add remaining ingredients; mix lightly. Spoon into 2-quart rectangular baking dish. On lightly floured surface, roll out dough to 13 x 9-inch rectangle. Place in casserole. Flute edges; prick with fork. Brush with beaten egg white. Bake at 375° 35 to 40 minutes or until lightly browned. 6 to 8 servings

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## TAKE A CAN OF FRUIT

continued from page 105

When ready to assemble, spread cake slices with raspberry jam. Line bottom of 2-quart glass bowl with layer of cake slices, jam side up. Mix brandy with  $\frac{1}{4}$  cup reserved fruit juice; spoon half over cake slices. Top with half the drained fruit, then half the custard mixture. Repeat the layers.

Whip cream with remaining 2 tablespoons sugar. Spread over top layer. Refrigerate 1 hour before serving. (*Can be made ahead to this point. Cover and refrigerate up to 24 hours.*) Makes 8 to 10 servings, about 370 calories per 8, 295 calories per 10.

### TUTTI-FRUTTI TORTONI

*This dessert's a breeze—great to have on hand for drop-ins.*

- 1 pint vanilla ice cream, softened
- 1 can (16 or 17 oz.) fruit cocktail, well drained
- $\frac{1}{2}$  cup crumbled macaroons
- $\frac{1}{3}$  cup chopped pecans, toasted
- $\frac{1}{4}$  cup peach-flavored brandy

Line 12-cup muffin pan with paper liners; set aside.

In large bowl combine all ingredients. Stir until well blended. Spoon evenly into paper liners. Cover with plastic wrap. Freeze 3 hours. (*Can be made ahead. Freeze up to 1 week.*) Makes 12, about 120 calories each.

### PLUM WHIP

*Makes light, delicate finish to a substantial meal.*

- 3 egg whites
  - $\frac{1}{4}$  teaspoon salt
  - $\frac{1}{2}$  cup sugar
  - 1 can (16 or 17 oz.) purple plums, drained, pitted and finely chopped
  - $\frac{1}{4}$  cup finely chopped pecans
  - $\frac{1}{2}$  teaspoon grated lemon peel
- Custard Sauce**
- 1 cup milk
  - 3 egg yolks
  - 2 tablespoons sugar
  - 1 teaspoon cornstarch
  - 1 teaspoon vanilla extract

Preheat oven to 350°F. In large mixer bowl beat egg whites and salt until foamy. Continue beating, adding sugar a tablespoon at a time, until stiff. Fold in plums, pecans and lemon peel. Spoon into  $\frac{1}{2}$ -quart casserole. Place casserole in larger baking pan. Fill pan with  $1\frac{1}{2}$  to 2 inches hot water. Bake 30 to 35 minutes until golden and spongy. Serve warm with Custard Sauce. Makes 4 to 6 servings, 165 calories per 4, 110 calories per 6, without sauce.

**Custard Sauce:** In small saucepan heat milk until bubbles form around edge of pan. Meanwhile, in small bowl beat egg yolks, sugar and cornstarch until smooth. Add milk gradually and stir until smooth. Return mixture to pan; cook over medium heat, stirring constantly, just until mixture comes to a

boil. Cool sauce slightly; stir in vanilla. Makes about 1 cup, about 30 calories per tablespoon.

### FRUIT CRISP

*We like to make lots of this so we'll have leftovers for breakfast. It's great with a yogurt topping.*

#### Crust

- $\frac{1}{4}$  cup butter or margarine, softened
- $\frac{1}{2}$  cup brown sugar
- $\frac{1}{2}$  cup quick oats, uncooked
- $\frac{1}{2}$  cup shredded coconut
- $\frac{1}{3}$  cup all-purpose flour
- $\frac{1}{4}$  cup wheat germ
- $\frac{1}{4}$  teaspoon baking soda
- $\frac{1}{2}$  teaspoon salt

#### Filling

- 1 can (29 oz.) peach slices or 1 can (29 or 30 oz.) fruit cocktail
- 2 tablespoons brown sugar
- 1 tablespoon cornstarch
- 1 tablespoon lemon juice
- $\frac{1}{4}$  teaspoon cinnamon

**Crust:** Preheat oven to 350°F. In small bowl cream butter or margarine. Add remaining crust ingredients. Stir until well combined. Set aside  $\frac{1}{2}$  cup mixture for topping. Press remaining into 8-inch square baking pan. Bake 15 minutes.

**Filling:** Meanwhile, drain fruit, reserving 1 cup syrup. In small saucepan combine syrup, brown sugar, cornstarch, lemon juice and cinnamon. Bring to a boil over medium heat and boil 1 minute. Stir in drained fruit. Pour over baked crust. Sprinkle on reserved crumb mixture. Bake 20 minutes until golden and bubbly. Serve warm. Makes 6 to 8 servings, about 295 calories per 6, 220 calories per 8.

### CHERRIES JUBILEE

*How could we do a canned fruit story and not include this? If it's not already in your quick dessert repertory, it should be.*

- 1 can or jar (16½ or 17 oz.) dark sweet cherries
- $\frac{1}{4}$  cup sugar
- 2 2-inch-long strips lemon peel
- 1 cinnamon stick
- 1 tablespoon cornstarch
- 1 tablespoon lemon juice
- $\frac{1}{4}$  cup brandy
- Ice cream

Drain syrup from cherries into measuring cup; add enough water to equal 1 cup. In chafing dish or medium saucepan combine syrup, sugar, lemon peel and cinnamon stick. Bring to a boil over medium-high heat. Reduce heat; cover and simmer 15 minutes. Discard lemon peel and cinnamon.

Mix cornstarch with lemon juice until smooth and add to syrup mixture, stirring constantly. Cook until mixture boils and thickens. Add drained cherries and heat through.

In small saucepan warm brandy (*do not boil*). Pour into hot cherries. Remove from heat. Holding pan away from your face, ignite with long match

or taper. Serve over ice cream. Makes 6 servings, about 275 calories each with  $\frac{1}{2}$  cup ice cream.

### AMBROSIA

*A variation on an old favorite. (Remember the 5-cup salad?)*

- 1 can (16 or 17 oz.) apricot halves, drained and cut into chunks
- 1 can (11 oz.) mandarin oranges, drained
- 1 can (8¼ oz.) pineapple slices, drained and cut into chunks
- 1 cup shredded coconut
- 1 cup sour cream
- 1 cup miniature marshmallows (optional)

In large bowl combine all ingredients. Stir gently until well blended. Cover and chill several hours or overnight. Makes 4 cups, about 180 calories per  $\frac{1}{2}$  cup with marshmallows, 150 calories without marshmallows.

### CARAMEL PEARS

*Inspired by a recipe from our favorite Frenchman, Jacques Pepin. This is so-o-o simple and divine!*

- 1 can (29 oz.) pear halves, drained
- 3 tablespoons sugar
- 2 tablespoons butter
- $\frac{1}{2}$  cup heavy or whipping cream
- $\frac{1}{2}$  teaspoon vanilla extract

Adjust broiler rack about 4 inches from heat source. Preheat broiler. Drain pears on paper towels. Grease 8-inch square baking pan. Arrange pears in pan, cut side down, and evenly sprinkle on sugar. Dot with butter. Broil 8 to 10 minutes, rotating pan to brown pears evenly. Remove from broiler.

Reduce oven temperature to 375°F. Combine cream and vanilla and pour over pears. Return to oven and bake 10 minutes until sauce is golden and bubbly. Serve warm or at room temperature. Makes 4 servings, about 280 calories each.

### PINEAPPLE RUM SORBET

*Frosty and not too sweet—great for warm weather.*

- $\frac{1}{2}$  cup water
- $\frac{1}{4}$  cup sugar
- 1 can (20 oz.) pineapple chunks in syrup
- $\frac{1}{4}$  cup dark rum
- 1 tablespoon lemon juice

In small sautépan combine water and sugar. Bring to a boil; boil 2 minutes.

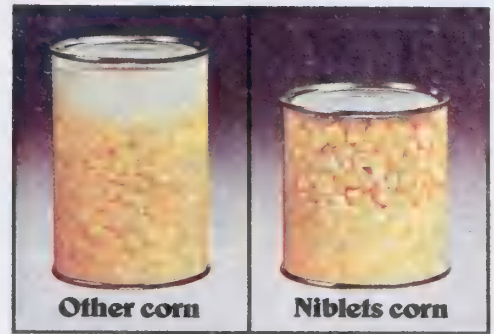
Meanwhile, in blender purée pineapple with its syrup. Add sugar syrup, rum and lemon juice and mix well. Refrigerate mixture until chilled, about 40 minutes.

Freeze in ice cream freezer according to manufacturer's directions. (Or freeze in 9-inch square metal pan until frozen around edges, about  $1\frac{1}{2}$  hours. Spoon into large mixer bowl. Beat thoroughly; return to pan and freeze 2 hours. Beat again. Cover and freeze until firm.) Makes 1 quart, about 100 calories per  $\frac{1}{2}$  cup.

End



# The Giant never stands so tall as when he packs crisp Niblets corn.



He uses lots less water than you find in taller cans of corn. Niblets Corn is vacuum-packed to help preserve its fresh flavor and crispness. And the Green Giant would even bend over backwards to keep Niblets corn crisp.





# ULTRA LOW TAR Cambridge 100's



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at only 4 mg tar.

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lines (cleansers, moisturizers, astringents, toners, etc.) for specialized problems. And what's really revolutionary is that these programs really work to solve most common skin problems. "Personal regimens are the way of the future," states Dr. Jim Bollinger, Manager of Cosmetic Science and Product Development at Allercrème. "They can be broken down into a number of product types within each skin

category, so that each person's skin receives customized care." In the past, there were a few European-based treatment lines that had the personal approach—at vast expense. Today, after specific advances in scientific technology, many companies offer the same capabilities, making customized skin care both beneficial and affordable for everyone.

These new skin regimens offer an interesting selection of products, with prices ranging from \$3 per item to \$100. Some good examples include: Al-

lercrème's Skin Regimens for Normal, Oily or Dry Skin fall into the moderate price range, \$3.50 to \$7.50 per product. Elizabeth Arden's multi-product Soothing Care for Sensitive Skin and Extra Control for Problem Skin, \$7.50 to \$17.50 for each product. Dorothy Gray's new Hydro Light four-product line, \$6 to \$8 each. Prescriptives offers individualized treatment at \$12.50 to \$45. The Chanel No. 1 Collection—F.R.E. Skin Equilibrium Supplement—includes products ranging from \$25 to \$100 each.

End

## THE SKIN CHART continued from page 91

	cause	how to avoid	cosmetic help	medical help
<p><b>pits, scars</b></p> <p><i>Raised or depressed markings, or deep "pits" on skin.</i></p>	<p>Imperfect healing of inflamed, infected lesions that often accompany acne conditions. Also, imperfect healing after at-home squeezing of pimples.</p>	<p>Don't squeeze infected or inflamed lesions and seek treatment for severe acne conditions. For any acne condition, avoid use of oil-based products. Substitute water-based foundations and moisturizers, powdered blushes/rouges.</p>	<p>Light scarring and pitting can be camouflaged by foundations offering heavier than average coverage. Be sure to choose a matte-finish product—as with wrinkles, any light play will exaggerate the area.</p>	<p>Condition can sometimes be made less noticeable by:</p> <ul style="list-style-type: none"> <li>• <i>Dermabrasion</i>—an office procedure in which skin surface is planed down, making surface more even.</li> <li>• <i>Chemical peeling</i>—an office procedure that peels away uneven surface skin layer.</li> </ul>
<p><b>hair on face</b></p> <p><i>Mild to heavy growth on upper lip, sides of face and chin.</i></p>	<p>Imbalance of hormones produced by ovaries, adrenal glands and or pituitary gland is cause for approximately half of all cases. No specific cause is known for remaining half. A genetic factor could be involved.</p>	<p>Have a complete physical. If hormonal imbalance is revealed, follow prescribed medical treatment.</p>	<p>Light growth:</p> <ul style="list-style-type: none"> <li>• Bleach with a commercial product; or</li> <li>■ Dissolve with a chemical depilatory.</li> </ul> <p>Light to medium growth:</p> <ul style="list-style-type: none"> <li>■ Waxing: Hot wax is spread on skin, allowed to dry, then peeled off, removing hair and root.</li> </ul>	<ul style="list-style-type: none"> <li>• <i>Electrolysis</i>, an office technique, destroys hair root bulb with an electric current running through needle. Effective for medium to heavy growth.</li> </ul>
<p><b>middle-age acne</b></p> <p><i>A mixture of greasy skin, pimples, blackheads, whiteheads.</i></p>	<p>Primarily caused by over-active oil glands, although the exact cause is unknown. Other controllable factors:</p> <ul style="list-style-type: none"> <li>• Excessive use of oil-based cosmetics.</li> <li>• Some drugs can cause acne, including: cortisone, the antibiotic INH, Dilantin, birth control pills (see below).</li> <li>• Hormone imbalances caused by taking any type of hormonal medication and by normal changes during pre-menopause.</li> </ul>	<ul style="list-style-type: none"> <li>■ Avoid use of oil-based cosmetic products. Substitute water-based and powdered products.</li> <li>• Check with your doctor if you are using any regular medication. If it is acneogenic, discuss whether it can be discontinued.</li> <li>• Don't lean face on hands. Sweat from palms tends to push oil back into skin pores and aggravate condition.</li> <li>■ Change pillow slip frequently.</li> </ul>	<p>Use an anti-acne soap and follow cleansing with application of an astringent. Control oiliness during the day by wiping face with pre-soaked astringent pads. Keep hair meticulously clean if forehead has eruptions.</p>	<ul style="list-style-type: none"> <li>• Antibiotics: Some drugs given over a period of months may suppress oil gland activity.</li> <li>• Chemical peels burn away superficial outer skin layer, decrease oily secretions from oil glands, and peel cell layers that clog pores.</li> </ul>
<p><b>enlarged pores</b></p> <p><i>Skin pore openings that have been permanently "stretched" so that they appear larger and more visible than normal.</i></p>	<p>Permanent stretching is caused by a build-up of collected soil, sebum and biological debris in the skin pore.</p>	<p>Cannot be refined permanently, but protection against a worsened condition is possible by controlling oiliness.</p> <ul style="list-style-type: none"> <li>■ Apply astringents after each cleansing.</li> <li>■ Use water-based foundations and moisturizers.</li> <li>• Substitute powders for creamy rouges and blush-ons.</li> </ul>	<p>Apply clay mask two times per week to absorb surface oil. This also causes slight temporary swelling, which makes pores appear smaller.</p>	<p>None.</p>



to stitch them and then connect them with white cotton lace into a top layer before quilting it (using lightweight batting) on the small quilt frame she keeps in her den.

"The Quilt has so much value to me, that I don't know how to calculate it," says Erma. "When someone gives you the gift of their time, they have given you something very precious!"

## AUNT ERMA'S QUILTING TIPS

Whether your friends are as famous as Erma's or not, you can create an original quilt that will be special to you and your family. To follow Erma's lead, here's her expert advice:

1. You don't have to use expensive materials; I used plain old muslin.
2. Make your request personal, and treat people as if they are doing you a big favor. They are.
3. Don't expect everyone to answer quickly—or even at all. It took me two years to get a square from my husband. I had to ask him for it every day.
4. Ask the participants to write or draw something personal on the square, leaving a one-inch margin around all four sides for joining the squares together. I put lace between each of mine, to set them off a bit and give the quilt an heirloom-y feeling.
5. Provide postage for returning the square.
6. Send a note or postcard to thank people for their squares as soon as they arrive. This will assure them that they weren't lost in the mail. When (if ever) the quilt is finished, you may want to send them a photograph. I'm not doing that for my friends, so they had better take a good look at the picture with this article!

**End**

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there were privates home on leave from Camp Devens. There would be many more in the months to come . . .

"I love this tune," Jophy was saying. "What's its name?"

"Hindustan."

"Hindustan!" She laughed happily, her head back. She looked stunning. Jophy, a Portuguese fisherman's daughter, was dressed now as a Turkish princess, in a scarlet vest adorned with golden spangles and loose, diaphanous trousers gathered at the ankles. There were gold bracelets at her wrists and ankles, and a chain of tiny gold coins circled her brows. She was wearing her hair long—it shone in the pastel light from the net floats; she looked older, mysterious, beguiling. Yes, darling. She moved with a sensuous ease that amazed him.

"Where did you learn to dance like this?" he demanded.

"Never had to learn!" Her eyes sparkled with mischief. "We never do."

"Another inherited characteristic, you mean."

"Of course! Actually, I'm descended from a long line of Moorish princesses," she teased.

"Moorish—!"

"Why not? Don't look so stunned. The Moors were all over southern Europe for centuries. Improved things no end. Othello was a Moor, you know."

"So I've heard."

"—And Desdemona was wildly in love with him. Wildly!"

"Until he started to strangle her, I imagine."

"Even after that. Nobody can strangle the way a Moor can."

"But Moors—!" he bantered. "Why do you want to take after them? Sneaky people, falling on their knees, wailing to Mecca every evening—I've seen them . . . and the way they treat their women!"

"Oh, that's only in the daytime."

He laughed, watching her out of the sides of his eyes. "But they're so grubby—that's no one to take after . . ."

"And what are you? Danish pirate with horns growing out of your helmet—"

"Oh, well—if you go back far enough."

"That's just what I want to do!" she cried. "Go back and back—to the first man and woman on the first South Sea island. Discovering everything for the first time—all wild and new . . ."

Smiling, he drew her closer to him and spun her round and round until they were both dizzy. He never knew what she was going to say, not remotely. It intrigued him and made him uneasy at the same time, and that very uneasiness was part of her fascination.

and the Vincent dances bored him stiff. He attended them—Aunt Serena expected him to go and he played his role—but he despised the girls he saw there. They talked about their watercolor classes or who was going down to New London for the crew races or whether the fleet would put in at Bar Harbor this season. They stared at you blankly when something was funny—and then they giggled like children when something was serious. When you danced with them their left arms were rigid, holding you in place, measuring the distance.

Of course, there was Shirley, the chorus girl at the Old Howard, and a girl named Carol in a house out on Columbus Avenue who flung herself on him like a raging Amazon. There were other girls, in other pinched and squalid rooms, but they were boring, too—though in a vastly different way from the Brahmin maidens . . .

"You're a wild one," he murmured in Jophy's ear.

"I know! A dead whale or a stove boat. That's why I'm going to win."

"What do you want to win?"

She tossed her head; her silky black hair whipped densely about her shoulders. "Oh—everything! I told you—a dead whale or—"

"No—really. What do you want most? Most of all?"

A jolly French sailor with a bright red pom-pom on his hat—Chapin knew it was Gus Lawring—cut in on him just then, and he surrendered Jophy to him.

"Remember, now," he called. "You've got to tell me . . ."

"Oh, no, I don't!" she answered, and swept away into the crowd.

Chapin had a glass of punch; they'd used a siphon to pep it up a bit, but it wasn't spiked. He strolled out onto the wharf. Tip, in a hastily assembled costume of bandanna, burnt cork mustache, sash and boots, with their grandfather's old cavalry saber dangling from his waist, was leaning against a bollard, gazing out at the channel. He looked curiously forlorn against the shimmering lights of the harbor, the soft night sky, and Chapin laughed and chanted: "'Would'st thou—so the helmsman answered, 'Learn the secret of the sea?'"

Tip said, "Hello, Chay."

"Why aren't you in there, tripping the light fantastic?"

"I never was much of a dancer."

The two brothers watched the harbor in silence. At the end of Blackfish Point the lighthouse flared into a fierce garnet eye, died away again; and the flickering yellow light of some ship slipped along in the velvet dark like the first voyage to

(continued)



# 52" Circulating Fan

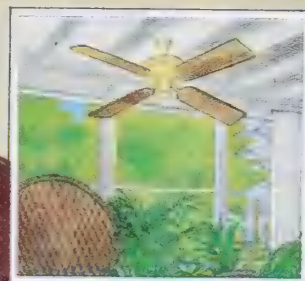
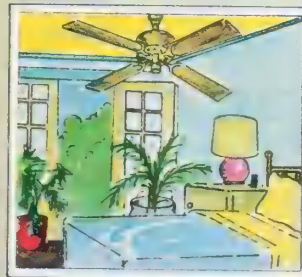
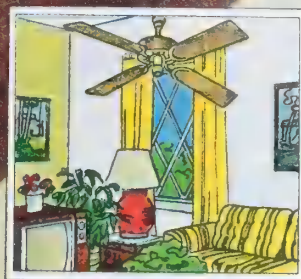
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unknown lands. Behind them the orchestra was playing "For Me and My Gal."

Chapin drew a silver flask out of his jacket, took several swallows and extended it to Tip, who said, "No, thanks."

"It's first-rate Scotch."

"I don't doubt it."

"Oh, hell, don't be such a bluenose. It's a party, for God's sake."

"So I gather . . . Been seeing much of Jophy?" Tip asked after a little pause.

Chapin looked at him. "Now and then. Why?"

"Just wondered."

Chapin shrugged and looked away again. So that's what it was. Tip had only come down from Boston the night before; Chapin had slept late, as he usually did, and there had been no opportunity to talk before they'd started to dress for the evening. Chapin had been surprised when their aunt had invited Tip down for the ball only the week before, surprised and strangely irritated.

"Look," he said now to Tip, "I invited Jophy to this shindig two months ago—I didn't even know you'd be here, for God's sake . . ."

"That's all right."

"Of course it's all right! Why shouldn't it be?" He felt angry out of all proportion to the situation. "What are you so worked up about?"

"I'm not worked up about anything. You are."

"She didn't have to come with me if she didn't want to—there are dozens of men who would have invited her."

"Are there?"

"Of course there are! Do you think they're all blind?" Being with his brother invariably turned Chapin irascible. "Jophy's a very popular girl. In case you haven't noticed. You have some objection to my taking her out?"

Tip turned then and faced him, looking foolish in the bandanna headdress, the smudged charcoal mustache.

"That depends," he said quietly.

"Depends on what?"

"On you."

Chapin laughed. "On me? Why on me?"

"Because I don't know if you're serious. I don't know what your intentions are."

"Intentions—!" Chapin stared at him; he could feel the old antagonism rising between them like ground fog. "Look now, I don't owe you any explanations . . ."

"Yes, you do."

"The devil I do! I'm just one more portrait in a long gallery of admirers—what's wrong with that?" He saw a muscle flex once in Tip's cheek, and it

gave him a curious, subtle thrill of pleasure. Couples were moving around them, laughing and calling to one another. The band was playing "Smiles."

"All right," he said in a bantering tone, "why do I owe you an explanation?"

"Because I am."

"You're what?"

"Serious. About her." Tip's lower lip was thrust out in that funny, stubborn way. "Are you?"

"Well, that's news—that's headline news," Chapin ran on, ignoring the last query. "I had no idea . . . Only of course the question remains: Is she serious about you?"

" . . . I don't know." For the first time Tip looked troubled, deeply uncertain, and this pleased Chapin even more.

"Well, hadn't you better ask the lady?" he pursued, grinning. "Find out if she does harbor tender sentiments toward you, as the saying goes? I mean, if you're—"

"—Just don't go too far, Chay. You got me?"

The words were spoken quietly enough—they were barely audible over the band, the clatter of talk and laughter around them; but there was a sudden tough force behind them and a look in Tip's face Chapin had never seen before. Tip was a salesman, out there—in that unpredictable, often menacing world of cigar stores and pool halls and back alleys, of blatant vulgarity and casual violence, where a drink too many, a word too many could spill over into broken glass and smashed noses . . .

"What the hell are you talking about?" he demanded.

"You know damned well what I'm talking about." Tip nodded, his eyes flat and unreadable. "Just watch yourself, that's all."

"Is that some kind of threat?"

"No. Just fair warning."

"Well, now . . . is it to be boyhood fisticuffs again, out behind the old barn?"

"If that's the way you want it."

Chapin snorted. "Oh, come off it, Tipton! Act your bloody age . . ."

The band had quit, other figures were on the stand now. They could hear voices calling for some new performance. Chapin took advantage of the general commotion to break off this ridiculous row with Tip and moved in the direction of the bandstand, where a huge man wearing the striped stocking cap and jersey of an Azores fisherman had begun to sing in Portuguese, accompanying himself on a guitar.

Near the bandstand Chapin found Jophy standing with a good-looking man in full cowboy costume. Jophy introduced him as Frank Furtado, a doryman with the schooner *Dauntless*, and Chapin remembered seeing him once or twice. Couples were still dancing, but most were listening, swaying to the driving rhythm of the ballad.

"What's he singing about?" Chapin asked Jophy.

"He says, marrying a girl without a dowry is worse than rowing against the tide—but arousing a woman's vengeance is worse than being cast adrift in a line gale . . ."

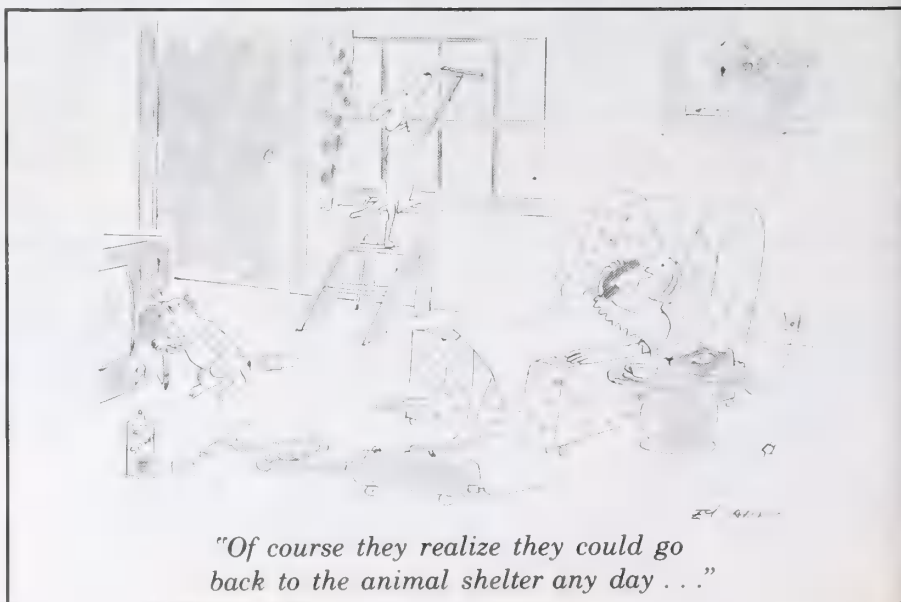
The singer's expression had turned sly now, his eyes roamed over the crowd. He sang a few verses, answered himself in the chorus. The crowd began laughing, now and then joining in the refrain.

"What is it?"

"He's making up rhymes about different people in town. Improvising—as he sees someone."

The laughter came in bursts now, like sudden gusts of wind. Individual men and women on the floor turned resentful or rueful as neighbors poked fun at them, and

(continued)



"Of course they realize they could go back to the animal shelter any day . . ."





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then waited for the next pasquinade.

Just then Jophy's face tightened, was flooded with that fierce and merry defiance, and he knew she'd been singled out. Heads turned toward her, toward them both.

"Your turn, is it?" Chapin asked her. "What was that all about?"

"He says," Furtado broke in, "a certain bold fisherman's daughter must be more careful about rescuing shipwrecked mariners—" his eyes met Chapin's, glittering with hostile amusement—"there are some Yankee sailors who are strangely ungrateful—who might even ask for payment!"

"Stop it!" Jophy hissed, though she was laughing. "It's all nonsense, everything he sings is nonsense..."

The song ended in a thunderous crash of guitar chords and wild applause. The band came back. Chapin took Jophy away from Furtado, lost her to Tip, to another fisherman dressed like a riverboat gambler, again to Gus Lawring. Everyone wanted to dance with her. Chapin drank some more Scotch, avoided Tip adroitly and felt more pleased than ever with the evening. When he finally recaptured Jophy half a dozen numbers later, the orchestra was playing "There's a Long, Long Trail A-Wind-ing."

"It's simply not fair," he protested. "I bring you to this grand affair at enormous personal inconvenience and expense, and I can't take three steps with you without some swarthy blackguard whisking you away."

"Does that trouble you?"

"*Bien sûr.*" He pressed the small of her back with his hand. "I'm used to getting my way. You know that."

"Oh, but you can be generous, can't you?" Her face was flushed, her eyes merry. "After all, for you this is just another dance, while for some of us it has to last a whole dreary winter..."

"Perhaps for me, too," he said somberly.

"What do you mean?"

"I'm going to join the flying corps."

"Oh, no..." Her face stiffened—she looked shaken and fearful and even lovelier than before. It delighted him obscurely.

"What's the matter?"

"It's so dangerous—flying..."

"War is dangerous. Or hadn't you heard?"

"Yes. But you don't have to enlist. Couldn't you be deferred for some reason?"

"That wouldn't be very sporting, would it?"

"Oh—sporting..." Jophy's voice was heavy with scorn. "Those stupid words..."

words we live by, all the same. Actually, he planned to do just that: secure a deferment and ride it out. He'd seen photographs, read the accounts in the Sunday sections. He had no intention of becoming still another chunk of cannon fodder served up on some gray, wet morning in France. Or part of the giddy, glamorous aviation side of it, either. Let the romantic firebrands play the *dulce et decorum* theme, rush off to the slaughter; he had vastly better things to do with his life.

The band had switched to "Till We Meet Again"; a simple tune, sad with war and loss. Watching Jophy's face, feeling her arm tighten faintly at the base of his neck, he was swept with the laughable drama of the situation. How fascinating human emotions were! How inscrutable and filled with ironies... He threw out half a dozen words, like a silken seine, and this girl swam into them in deadly earnest: They were reality to her...

And yet, gliding with this strange, entrancing girl under the glass moons of light, holding her tenderly, watching her dark, entreating gaze, her parted lips, he thought in distant amazement, *she's afraid for me, she cares about me—she really does!*—and he felt something thrust against the underside of his heart for the first time since that long ago winter afternoon, terrible with clashing voices, slammed doors and more terrible silences—and a pair of legs he had run against with all his might and clung to.

"It's all right, son. Let go, now. Let go."

"Dad, please don't go—you can't go!"

The strong arms had swung him up and held him. That face, slender and fine-featured, that face he loved more than any other; the gray eyes troubled now, uncertain.

"I'll see you soon."

But soon became never.

He leaned down, whispered in Jophy's ear. "Let's go—let's leave."

Her eyes flashed up at him like mirrors. "You mean—"

"Yes. Come with me. Let's leave. Now."

Her face tightened—a sudden, fierce decision. "All right," she said. "I will."

The night was cool and clear, the stars looked close enough to shake down, like bobbing, glowing fruit. Directly above their heads a shooting star brushed a swift, bright arc, and vanished forever.

"Did you see it?" Jophy cried.

"No."

"There!" She pointed upward.

"There's another one—there..."

They were sitting in Chapin's car, a Buick Phaeton his aunt had given him for his birthday the year before,

parked on a deserted little bluff overlooking the bay. Here, far from the harbor, they were invaded by silence.

"I love it with the top down," she said, lying back against the rich dense leather. "It makes it more like a sloop—throws you open to things..."

All her nerves were quivering near the surface. Tip's sudden arrival, the dance, Chapin's talk of going to war—events were moving too fast for her, a riptide spinning her around, drawing her swiftly out to sea. Chapin's presence here in the night disturbed her most of all. He seemed subdued, ill at ease; he was staring ahead at the water, gleaming darkly under the drifting, dusty canopy of stars. She began talking rapidly about her plans for restoring the old *Albatroz* and sending her to sea again, setting her free—knowing she sounded loony, and not caring. The very tips of her fingers burned.

"Sometimes I think that old schooner is me. Leashed to that rotting wharf, only one stick, no sails—the sea right out there at the end of the channel and she can't get there, to spread her wings and run free, off for Manokela and Palawan..." She thought then of a hot, sultry afternoon five years ago, with Tip, treading water and watching him, high in the mainmast crosstree, gazing seaward. She said, "Tip looked so funny in that mustache. Didn't he realize it would smear, with the heat and everything?"

"To hell with Tip," Chapin said sharply. "I don't want to talk about Tip."

"Why? What's the matter?"

"Nothing's the matter. I just don't want to talk about him, that's all." Abruptly he drew a silver flask out of his breast pocket and said, "Drink?"

"No, thanks."

"Oh, come on. Just a sip."

She watched him a moment, gravely. "I don't need it, Chay. Let's not play that."

"Play what?"

"The ply-the-girl-with-liquor game. You don't have to play that game with me."

His head went back in silent laughter; he gazed at her wonderingly.

"You are one extraordinary girl," he said. "Do you know that? You're magnificent."

"Yes," she said simply. "I know that."

His arm went around her then, his face blurred against the night, swept inside her scan of vision. As always with him, that sweet, warm suffusion began deep inside her, frightening and thrilling her. His lips were firm and warm, his fingers moved with tender stealth at her throat, her breast. She was trembling now, (continued)



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bound in trembling; she wanted to raise sail and run free toward that undiscovered—

"Oh, take me, Chay," she murmured. "Take me now . . ."

She had never known such delight, such surging need. Yes, it was true, this was the voyage of voyages, as she suspected, the majestic rocking of sea and stars; the would never be anything remotely like it . . .

"I love you, Chay," she murmured, reaching out for him. "Oh, I love you so . . ."

She felt him stiffen. He seemed to have stopped breathing. Something was wrong. Very wrong. She did not know what it could be.

"—I love you," she repeated urgently. "Don't you love me?"

"Love—!" The word seemed to cut into him like a knife blade. He wrenched away from her and gripped the steering wheel with both hands.

"Love—look now, if you're going to start that . . ."

"Start?" she faltered. "Start?"

"I've never told you that I loved you."

"I've never asked you."

"Then don't ask me now!"

The violence in his voice frightened her. What had happened? What had gone wrong?

" . . . But you do, don't you?" she ventured softly. "You've seemed—the times we've been together—"

"Yes, of course—that." His chin was pressed against his chest, he was fighting for some kind of precarious balance. "Sure—affection, fondness—sure, I do, of course I do there's—"

"No," she said. "I mean love. There's only one word. Only one word for it, Chay."

She drew back, searching his face. The stars were so bright, so luminous she could read the confusion in his eyes, the evasion, the covert fear. Yes. Fear. She got it then—all in a rush. None of this meant anything to him. He was toying with her, using her. It was a shadow play, a game, some kind of dirty, empty game . . . a game! Rage gripped her, a rage greater than any she had ever known. She struck him in the face with all her might, and before he could react, flung open the door and leaped out.

"You bastard!" she cried, in a black turmoil of fury and mortification. "You ever try this again and I'll kill you—do you understand? Yes! I'll make you pay for this!"

"No, wait," he stammered, "you don't understand."

"Oh, I understand, don't you worry about that. I understand all right!"

Afraid—he was afraid. All the good looks and wit and easy charm were nothing because he was afraid to act, to follow without fear the only thing that mattered on this earth. He was a shell of a man, a charming poster-shell, a fraud. And cruel. It was cruel to play with anyone this way.

"You filthy Yankee coward!" she shouted at him. She cursed him in English, in Portuguese, words she didn't even know she knew, spat them at him with all the scorn she possessed while he turned his face away in grim, sullen withdrawal, his hands still gripping the steering wheel.

"Go on," she cried, "go into the war, get yourself killed—you might as well, you're dead anyway, afraid of everything in life!"

He looked at her then, and she could see the hatred glittering in his eyes. She whirled around and walked away along the packed sand ruts of the road, sobbing dryly, muttering to herself; she thought her heart would burst. The odor of bayberry and beach plum rose dense and acrid around her. From the shoal water at the end of Blackfish Point the bell buoy sounded: *clang-ding, clang*—its message pitiless and remote on the cool night air.



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Name of Friend \_\_\_\_\_  
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Name on gift plate, book from \_\_\_\_\_  
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old medieval church located in back of the villa.

"There is nothing about Marino that I would change," Sophia once said. "It is an accident of perfection, completely isolated, with a serenity that is infectious. It nourishes my soul."

But the Pontis were forced to give up this serenity when Carlo was accused of conspiring to send a reported ten million dollars worth of lire out of the country in defiance of Italian law. There was a further allegation that Ponti had paid an English actor with a painting rather than with currency, thus enabling the actor to take his payment out of Italy.

As a consequence of these allegations, the government put a lien on Villa Marino, and one evening as Sophia was about to leave the airport in Rome on a flight to Paris, her passport was taken from her and she was detained in an interrogation room where she was scrupulously searched.

"I was bringing to Carlo some budget and production papers for a film he was working on," Sophia recalls, "and the prosecutor who interrogated me was trying to tie these up with Carlo's alleged money dealings. I was kept in that room for eight hours, missed my plane, and in the process I was terribly humiliated—although nothing out of the ordinary was discovered. The following day, there were lurid stories in the press about how they found millions of lire being smuggled out in my suitcase, how valuables were sewn into my dress hem, how I tried to bribe officials—the usual wild inventions I have encountered so many times."

"It was a bizarre attack, this business of my having illegally transferred lire," Carlo says, "since I had no lire in Italy. Whatever currency I had there—and it has never been much—has always been in dollars since I am now a French citizen and by law I'm prohibited from maintaining a lire bank account."

Despite efforts on Ponti's part to settle the matter, the Rome prosecutor seemed intent on setting him up as an example, and a trial was held, with Carlo *in absentia*, that resulted in a fine of approximately 24 million dollars (in lire) being assessed against him, plus a prison term of two years. As partial satisfaction of this claim, the government seized all of Ponti's considerable art collection, and gave him seven million dollars credit for its value. But, if today he were to touch foot on Italian soil, he would be arrested and jailed.

At the same trial, Sophia was absolved of the criminal charges against her, which means she can come and go

as she pleases. But that hasn't absolved her with the Italian public. Just last year, when she was in Rome filming scenes for the U.S. television adaptation of her biography, there was hostile picketing of the movie set, and insulting epithets were hurled at her by her countrymen.

For his part, Carlo has never stopped trying to arrive at some agreement with the Italian government, but realistically a settlement does not seem probable. In the meantime, the interminable legal battle has visibly taken its toll on Carlo. Still, insiders insist that the reports of his having terminal cancer are untrue. He was hospitalized, but with a case of hepatitis, they say. And when Carlo himself was recently asked about the cancer rumors, he just put his head back and laughed. Although the producer has shed some 20 pounds, he still appears vital and energetic.

#### Alarms not new

These medical alarms in the press are nothing new to the Pontis. A few years ago, it was reported with consummate authority that Sophia was afflicted with leukemia. This rumor received such widespread and convincing coverage that Sophia's mother called her in a panic from Rome, certain that Sophia was trying to keep the bad news from her.

At regular intervals, too, reports have circulated that the Loren-Ponti marriage was on the rocks. Carlo has regularly been linked with sensuous Italian starlets, and Sophia has recently been "authoritatively" leaving Carlo for (a) the Italian director, Ettore Scola, (b) the rock singer, Serge Lamar, (c) an unidentified French actor and (d) most frequently, the handsome French doctor, Etienne-Emile Baulieu.

Sophia's answer to these allegations is: "For as long as I can remember, the press has been writing lurid obituaries for our marriage. On the rare occasion when I go to dinner or a nightclub with a friend while Carlo is out of town, I'm cheating. If I stay home and confine myself to family life, I'm fighting to save my failing marriage. If I don't perform in one of Carlo's pictures and he hires another actress, I suddenly read that I'm crying myself to sleep because my husband is having a red-hot affair with this actress. The very continuance of our marriage is the best answer to all these cheap stories, which die quickly because they are baseless."

Of course, it is possible that Sophia, who is so much younger than Carlo, and who has been with him for her entire adult life, might turn to someone new and younger, but that does not seem likely in view of Sophia's

utter devotion to her sons and to her belief in a stable family while the boys are growing up.

Of more concern to the couple is their current rootlessness—their lack of a real, permanent home. Will the exiled Pontis be able to settle down in Switzerland and call yet another foreign country their home? Or is Geneva just another temporary way station for them—a place where they can reassess their options and plans for the future.

One real possibility could be a move to the United States. But even here Ponti has run into trouble. Last fall, the Securities and Exchange Commission accused him and two associates of a fraudulent film deal that cost investors about four million dollars. According to a spokesman for the SEC, "Litigation in regard to Carlo Ponti is currently pending." But as long as Ponti is out of the country, he's out of the SEC's reach.

In spite of such problems, Sophia and Carlo continue to find strength in each other . . . and in their dreams. Ponti has even said that he believes they will win back Villa Marino. "Perhaps it is a foolish dream but I am by nature an incurable dreamer, and during the life I've lived I have grown quite fond of foolish dreams."

Sophia, too, has the ability to look beyond a bleak reality to a brighter future. "My dreams rescued me from the poverty and slums of my childhood, and they have given me hope during the dark periods of my life. I shall never stop dreaming."

Or fighting. An indomitable Sophia continues with conviction: "I have worked hard for everything in my life. Nothing has come easily for me. All the things I've really wanted have required desperate struggle."

"To survive my beginnings in the slums, to survive starvation, the war, the destruction of what little home I had, and then to start a career against impossible odds. No one has ever been more rebuffed than I was. Scores of screen tests and each one a disaster. But when I want something, I develop a singleness of mind and a physical strength that can carry me through pestilence and fire."

End

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Actual size: 5 7/8"

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New Year's Day is the first issue of a 12-plate series honoring all the months in the Japanese Floral Calendar. By ordering now, you will also be guaranteed the right to acquire all subsequent 11 plates in the collection, and at the same, guaranteed issue price of only \$32.50 per plate. *But there will never be any obligation to acquire or even to receive another plate.* Furthermore, you may inspect "New Year's Day" in your home for 30 days, with the option of returning it at any time during that period for a prompt and unquestioned refund of everything you have paid.

Today a great many discerning collectors and lovers of fine art are realizing the pride and pleasure of acquiring Oriental treasures such as "New Year's Day." And because "New Year's Day" is the first limited edition porcelain masterwork ever to feature Chokin art, demand for this first issue is expected to accelerate rapidly in the next few weeks, and late applicants could be turned away.

Therefore, an early reservation is your only guarantee that you will own the beautiful Chokin art of "New Year's Day." So please return your Reservation Form today to The Hamilton Collection, 1 Charter Plaza, P.O. Box 2567, Jacksonville, FL 32203.

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*General tips:* • Cook a few pieces of food at a time. Never crowd pan; keep food in a single layer to brown properly. • Food should be dry before cooking to avoid spattering. When breading, let stand about 15 minutes so coating can absorb moisture and adhere better. A moist surface will toughen the crust. • Always wait for the oil to return to proper frying temperature between batches. • Skim out any free-floating bits and pieces as you cook or they'll smoke and burn. • After food is cooked, place on paper towels to blot excess oil. Never cover; crust will get soggy. *Saving oil:* If you do a fair amount of frying for your family, you may want to re-use your frying oils. To save, let oil cool down and strain through cheesecloth (or coffee filter) into clean jar; cover and refrigerate. The oil darkens slightly after each use. Frying oil is no longer reusable if foamy, cloudy or very dark (generally after 3-4 times). If you've fried strongly flavored foods such as onions or fish, save oil only for cooking the same foods. Be careful not to over-heat oil past its smoking point. Once oil has broken down, its basic makeup changes, and it gives off an unpleasant greasy taste and aroma. Store all oils away from strong heat or light, preferably in glass, and in a cool place.

## SAUTÉ

### SAUTÉED BROCCOLI WITH GARLIC pictured on page 84

*Crushed red pepper adds zing.*

**2 tablespoons vegetable oil**  
**2 tablespoons olive oil**  
**1 garlic clove, chopped**  
**¼ teaspoon crushed red pepper**  
**1 bunch broccoli, trimmed and cut into small flowerets**  
**Salt**

In heavy skillet heat oils; add garlic and crushed red pepper. Add broccoli and turn to coat by shaking pan or tossing broccoli with spoon. Sauté over medium heat 7 to 9 minutes or until broccoli is tender but still crisp. Sprinkle with salt to taste. Makes 4 servings, about 150 calories each.

## CHICKEN PICCATA

*To save time (not money) we used chicken cutlets.*

**3 tablespoons flour**  
**1 teaspoon salt**  
**½ teaspoon pepper**  
**1 pound boneless, skinless chicken breasts, halved**  
**2 tablespoons butter or margarine**  
**2 tablespoons vegetable oil**  
**½ cup dry white wine**  
**1½ teaspoons lemon juice**

On plate or piece of wax paper combine flour, salt and pepper; set aside.

Place chicken breasts between

sheets of wax paper and pound each to ¼-inch thickness. Cut each breast in half. Dip chicken into flour mixture, shaking off excess. In heavy skillet heat 2 tablespoons butter or margarine and vegetable oil until butter is melted. Add chicken and brown lightly on each side. Place chicken on serving plate and keep warm. Add wine and lemon juice to skillet; cook about 2 minutes, stirring and scraping up any bits, until slightly thickened. Remove from heat and swirl in remaining butter or margarine. Pour sauce over chicken and serve immediately. Makes 4 servings, about 270 calories each.

## SAUTÉED LIVER WITH SHALLOT VINEGAR

*A pleasant diversion from the classic liver and onions.*

**¼ cup finely chopped shallots**  
**½ cup red wine vinegar**  
**3 tablespoons flour**  
**1 teaspoon salt**  
**½ teaspoon pepper**  
**1 pound calf's or beef liver, thinly sliced and well-trimmed**  
**3 tablespoons butter or margarine**  
**1 tablespoon vegetable oil**

In small saucepan simmer shallots and vinegar 5 minutes over low heat; set aside. On plate or wax paper combine flour, salt and pepper. Cut liver into 3-inch squares and coat in flour mixture, shaking to remove excess.

In heavy skillet heat 2 tablespoons butter or margarine and oil until butter is melted. Add liver a few pieces at a time and sauté over medium heat about 2 to 3 minutes on each side. Remove liver to serving plate. Stir shallot mixture into skillet and heat gently, scraping up brown bits. Turn off heat and swirl in remaining butter or margarine. Pour over liver. Makes 4 servings, about 290 calories each.

## SAUTÉED POTATOES

*A grand and oh-so-easy accompaniment to almost anything.*

**1½ pounds (about 4 medium) all-purpose potatoes, peeled and cut into ¾-inch cubes**  
**3 tablespoons vegetable oil**  
**1 tablespoon butter or margarine**  
**½ teaspoon salt**  
**½ teaspoon pepper**

Drain potatoes on paper towels. In large heavy skillet heat oil and butter or margarine until butter is melted. Add potatoes, turning to coat. Sauté over medium-high heat, shaking pan occasionally or tossing potatoes with spoon, about 10 minutes or until potatoes begin to brown. Sprinkle with salt and pepper. Reduce heat to medium. Toss again; cover skillet. Cook about 15 minutes more, shaking skillet or tossing occasionally until potatoes are golden and cooked through. Makes 4 servings, about 190 calories each.

## PAN FRY POTATO STARS pictured on page 87

*Similar to potato sticks—nice and crispy finger food.*

**4 all-purpose potatoes**  
**Vegetable oil for frying**  
**Salt**

Scrub potatoes and remove any blemishes with small, sharp knife. Do not peel. Shred in food processor or with hand grater. Drain well on paper towels. In heavy skillet heat ½ inch oil. (To test, drop a piece of bread into oil. If it sizzles and moves around the pan quickly, it is ready. Remove bread.)

Pack potatoes into ¼-cup measure. Slip into hot oil. Cook 4 or 5 at a time until golden, about 3 to 5 minutes on each side. Remove with slotted spoon or spatula. Drain on paper towels and sprinkle with salt. Keep warm in 200°F. oven while frying remaining potatoes. Makes about 20, about 100 calories each.

## SOUTHERN-FRIED CATFISH

*Catfish is currently available frozen in certain parts of the country and eventually will be distributed nationally. If you find it, grab it.*

**½ cup yellow cornmeal**  
**1 teaspoon salt**  
**½ teaspoon ground red pepper**  
**½ teaspoon black pepper**  
**1 pound catfish fillets or other white fish fillets, partially thawed, cut into 2 x 3-inch pieces**  
**Vegetable oil for frying**

On plate or piece of wax paper combine cornmeal, salt, ground red pepper and black pepper. Dredge fish pieces in cornmeal mixture, patting to coat on all sides.

In large heavy skillet heat about ½ inch oil. (To test, drop a piece of bread into oil. If it sizzles and moves around the pan quickly, it is ready. Remove bread.) Add fish fillets a few pieces at a time and fry until golden brown, about 4 minutes on each side. Drain on paper towels. Makes 4 servings, about 335 calories each.

## EGGPLANT CUTLETS

*A great side dish for meat or poultry.*

**1 eggplant (about 1½ lbs.)**  
**Salt**  
**2 eggs**  
**¼ cup grated Parmesan cheese**  
**2 tablespoons water**  
**½ teaspoon pepper**  
**½ cup all-purpose flour**  
**About 2 cups fresh bread crumbs**  
**Vegetable oil for frying**

Trim stem and cut eggplant into ¼-inch-thick slices. Layer slices in colander and sprinkle each layer lightly with salt. Place a plate over eggplant and weight with heavy can. Let stand about 30 minutes.



Combine eggs, cheese, water and pepper. Dip eggplant into flour, then into egg mixture, then bread crumbs, attempting to coat both sides. Place on rack to dry, about 15 minutes. In heavy skillet heat  $\frac{1}{4}$  inch oil to 375°F. To test, drop a piece of bread into oil. If it sizzles and moves around the pan quickly, it is ready. Remove bread. Fry eggplant about 3 to 4 minutes on each side or until golden. Drain on paper towels; keep warm. Repeat with remaining eggplant. Makes 6 servings, about 540 calories each.

### DEEP FRY

#### BATTER-FRIED CHICKEN

pictured on page 87

Beer batter is good with shrimp, too.

**1 cup all-purpose flour**

**1/2 tsp salt**

**1/2 teaspoon pepper**

**1 cup beer**

**1 broiler-fryer chicken (2½ to 3 lbs.) cut up**

**1/2 cup vegetable oil for deep frying**

In medium bowl combine flour, 1 teaspoon salt, and pepper. Add beer, stirring with wire whisk until smooth. Let stand at room temperature 15 minutes to 1 hour. Meanwhile, lightly sprinkle chicken pieces with salt.

In deep-fat fryer or Dutch oven heat  $\frac{1}{2}$  inches oil to 375°F. on deep-fat thermometer. Dip chicken pieces in beer batter, coating on all sides, allowing excess batter to drain back into bowl. Fry chicken legs, thighs and back 20 to 25 minutes or until golden brown and cooked through. Drain on paper towels. Keep warm in 200°F. oven. Fry breast and wings about 15 to 20 minutes; drain on paper towels. Makes 4 servings, about 800 calories each.

### HUSH PUPPIES

Whatever the menu, these are too good to be tossed to the barking dog.

**1/2 cup vegetable oil for deep frying**

**1/2 cups yellow cornmeal**

**1 cup all-purpose flour**

**1/2 tablespoon double-acting baking powder**

**1/2 teaspoon baking soda**

**1/2 teaspoon salt**

**1/2 teaspoon pepper**

**2 eggs**

**1/2 cup buttermilk**

**1/2 cup finely chopped onion**

In deep-fat fryer or Dutch oven heat  $\frac{1}{2}$  inches oil to 375°F.

In medium bowl combine cornmeal, flour, baking powder, baking soda, salt and pepper. In small bowl beat eggs and buttermilk. Add to dry ingredients with chopped onion; stir to blend.

Drop batter by rounded tablespoons, a few at a time, into hot oil; fry about 3 to 4 minutes or until golden brown and cooked through. Drain on paper towels. Repeat with remaining batter. Keep warm in 200°F. oven. Makes about 30 hush puppies, about 100 calories each.

**End**

"AMERICA! YOUR GOOD COOKING JUST GOT BETTER!"

"My spaghetti was good...  
**BUT IT JUST  
GOT BETTER!"**

"My lasagne was good...  
**BUT IT JUST  
GOT BETTER!"**



'cause Hunt's was good...



but it  
just got  
better!

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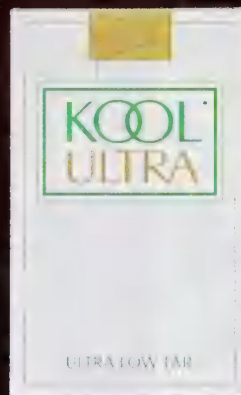
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low 'tar' with  
a sensation  
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miss a beat.



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# HOW TO MANAGE A FASHION BUDGET

## WHAT TO SPLURGE ON, WHAT TO SAVE ON

**H**ow can you stretch your fashion dollar? The secret is knowing where to spend and where to skimp. Certain clothes may cost more, but if they give you many years of wear, they're worth the investment. By balancing these fashion basics with less expensive clothes choices, you'll get maximum shopping value. Read how one woman, Gemma Toomey Sullivan, (*left*), of Montclair, New Jersey, splurged and saved to build a wardrobe for her three distinct needs: career, casual weekends and dress-up evenings. You can follow this plan no matter what your lifestyle and budget. On this page and the six following are dozens of smart shopping tips to help you look better for less.

Classic suit (*left*), is a wise investment: it's polished, yet practical—and can be worn as “separates,” too.

■ **Splurge:** Easygoing gray suit with cardigan jacket (\$100) and front-pleated skirt (\$52). Both of polyester/rayon by J.H. Collectibles.

■ **Save:** Ruffled blouse in tartan plaid, by Lady Manhattan, \$36.

■ **Save:** Classic everyday navy pumps are a good buy at \$48, by Corelli.

By Maureen Lynch,  
Beauty and Fashion Director

Photographs by Uli Rose. Hair and makeup by Rick Caldwell.  
This page photographed at Montclair State College, Montclair, N.J.

On  
the  
job

“When I’m working, I want to look professional without being overly conservative. A good basic suit is my best investment.”





**Country  
casual**

**"On weekends, I enjoy spending time outdoors with my family. I need clothes that are comfortable and that can stand up to rough-and-tumble activities."**





**G**emma Toomey Sullivan's story will warm your heart. Widowed several years ago, Gemma was left in charge of bringing up four sons. "At first, I focused all my attention on my kids, until it dawned on me that I was going to be fairly young when they were out of the house and in college. I knew that I couldn't spend the rest of my life playing tennis and golf." At the age of 37, Gemma went back to school at Upsala College in East Orange, New Jersey, to get her master's degree in counseling services. As part of her program, Gemma does practical training as a career and guidance counselor to undergraduates. "It's important for me to look competent and that meant expanding my wardrobe to include a professional image." (See previous page.) Her old everyday clothes—jeans, sweater and no-nonsense shoes—are now weekend staples, when she spends time outdoors with John, aged 14; Paul, eight; Mark, 12 (*left to right on oppo-*

*site page*) and David, 17 (not shown). The most recent development in Gemma's life is a new marriage! This brings another element into her wardrobe: more social activity. See how she incorporates special-occasion wear into her fashion budget on the next page.

An informal family game of soccer, (*left*), requires clothing that can deliver both warmth and easy movement. ■ **Splurge:** Classic Irish wool sweater is a once-in-a-lifetime investment. It wears year after year without forfeiting its shape or good looks. Crewneck sweater of pure natural wool, by Glencraft, \$125.

■ **Save:** Down vest adds extra protection from the chills, a splash of color—and costs a mere \$25. Nylon shell vest of down/feathers, by Hysport (purchased at a discount sporting goods store). ■ **Save:** Jeans are a wardrobe must for casual times, yet don't have to cost a fortune. By Levi Strauss, \$18.

## COST-PER-WEARING CHART

Here's a new way of looking at fashion prices that's both practical and fun. Simply weigh the initial cost of a garment against the number of times you expect to wear it the first year, again for the garment's lifetime. If this sounds complicated, look at our examples. Although the figuring is somewhat arbitrary (that's the fun), it gives you a reasonable idea of what you're getting for your fashion dollar (that's the practical side). You can apply this approach to whatever garment you choose! Sometimes they price out well—sometimes not. When they don't, think twice before splurging.

GARMENT	INITIAL COST	HOW OFTEN WORN	1st YEAR COST PER WEARING	WEAR-LIFE	FINAL COST PER WEARING
Classic trousers	\$70	1 x per week for 9 months	\$1.94	3 years	64
Wool skirt	\$60	1 x per week for 8 months	\$1.82	5 years	37
Good blouse	\$48	1 x per week for 9 months	\$1.33	2 years	66
Crewneck sweater	\$35	1 x per week for 8 months	\$1.09	5 years	21
Two-piece suit	\$150	1 x per week for 6 months	\$6.25	3 years	\$2.08
Leather pumps	\$50	2 x per week for 9 months	.69	2 years	34
Special occasion dress	\$120	3 x per year	\$40.	3 years	\$13.33
Evening bag	\$45	8 x per year	\$5.62	7 years	80
Evening shoes	\$50	4 x per year	\$12.50	2 years	\$6.25



**J**ust recently married, Gemma and her husband, Tom Sullivan, a lawyer, are still "honeymooning" (*right*). "Tom likes to surprise me with champagne and flowers," says Gemma. They share a love of the theater and try to go out at least once a month. How does Gemma manage her fashion budget to include clothes for special nights out? "I find that by investing in a few quality pieces, such as black silk pants, and pairing them with less costly tops, I can easily dress up for more formal occasions."

The kind of evening clothes everyone is always looking for—offering value, versatility and a sense of style (*right*). ■ **Splurge:** Silk crepe de chine pants in basic black are sensational going out...or entertaining at home. Chinoise by Matthew Lombardi, \$88.

■ **Save:** Chinese jacket with aqua-blue lining adds instant drama...at a bargain price, \$39.

■ **Save:** Sexy black camisole costs barely nothing (\$10) in a lingerie department.

■ **Save:** Black satin sandals let you step out in luxury for an amazing \$22, by Chandlers.

#### Some more ideas for what to:

SPLURGE ON	SAVE ON
silk shirt	T-shirts
leather belt	rope belts
cashmere sweater	cotton turtleneck
leather boots	rainboots
tweed blazer	windbreaker
lizard clutch	canvas tote
silk scarf	bandanna
real pearl studs	bangles
lace teddy	pantyhose
bathing suit	gauze coverup

## Special evenings

"I like wearing pants when I get dressed up. They give me a contemporary look, plus the option of wearing a variety of tops."





# HOW TO STRETCH YOUR FASHION DOLLAR



Today you need clothes that give you the most for your money. We'll show you how to make each purchase count by taking you through the planning stage, looking at fabrics and fit...right up to tips on updating what you already own.

By Sasha Anawalt



Getting the most for your fashion dollar requires a tactical game plan. To hedge against impulse-buying and build a better wardrobe, follow these simple guidelines.

- 1** Start by reacquainting yourself with what you already own. Attack your closet thoroughly—take everything out.
- 2** Separate the winners (clothes you wear again and again) from the losers (pieces that never leave their hangers).
- 3** Rethink why the winners are winners: Is it the fit, the color, the style—or all three? You might even jot down your answers to clarify your attitude. Also, try to figure out your shopping goofs. What turns you off about the clothes you don't wear?
- 4** Determine and list in order of priority what you need to stretch your wardrobe, making sure the items listed coordinate with the favorites in your closet.

**5** Before shopping, plan a realistic budget. (If you require alterations, include expense in total.)

**6** Try to spend a morning or lunch hour browsing. Become familiar with the quality and variety of clothes different stores carry. Nowadays, different stores can have similar merchandise at varying prices.

**7** Glance through the fashion ads in magazines and newspapers. Magazines are good trend forecasters; newspapers give you the specifics of where to find what you want. Use both as inspiration to try new ways of wearing what you already own and to zero in on those pieces your wardrobe can't afford to be without.

**8** Armed with your list, pocket-book and a solid idea of where you want to shop, set aside a period of time. Monday, Tuesday and Friday during the early morning, midafternoon and evening are least crowded. Remember: When the weather is bad, stores practically empty out.

**9** Shop in low shoes for comfort. Tote an extra pair with a higher heel for trying on with dresses.

**10** Funny as it sounds...dress up to go shopping. Freshen your makeup and hair. Psychologically, it will make you feel confident, more clothes will look good on you, and you'll stick to your shopping plan.

## Money-Saving TIPS

Use these tips, and you'll still have cash to spare!

● Plan ahead and buy next year's basics at a bargain during off-season sales. (See sales-calendar, next page.)

● Rule of thumb: If you doubt your ability to make alterations on a particular garment, don't buy it. Tailors can be expensive.

● Learn to recognize quality by first browsing and trying on in designer boutiques. (There's nothing wrong with saying, "I'm just looking.") Then shop around for knock-offs or bargains in department and discount stores.

● If you see exactly the same article of clothing on sale in a few stores, chances are that it's either a past fad, defective or poorly designed. Steer clear of this buy.

● Bring sales ads with you. Frequently not all of the on-sale merchandise is re-ticketed and you'll need the ads as proof.

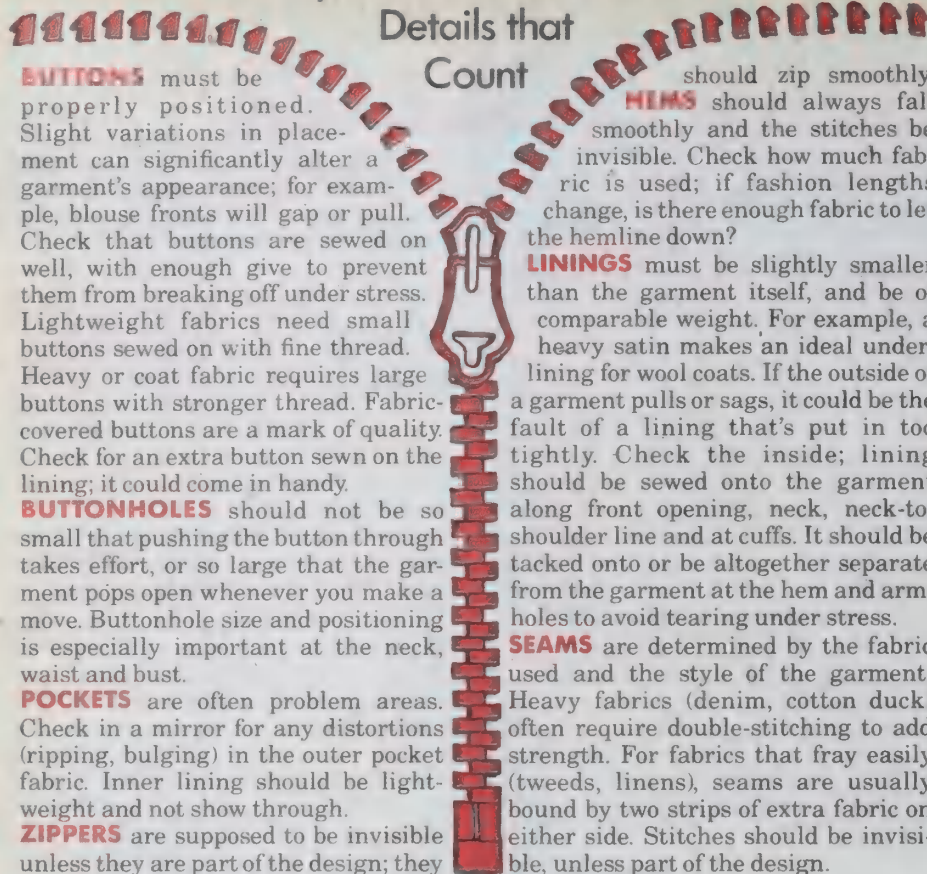
● If you are petite, shop in children's and teens' sections for classic styles. (A teen size ten is roughly comparable to a petite size two.)

● It's always worth asking for a price reduction if you find an insignificant defect (tear, stain, missing button) or know that the item has been in the store for months. Ask for the buyer or manager.

● Beige lingerie is a money-saver. Because it comes closest to matching your skin tone, you can wear it under almost anything. Other colors don't work as well, especially beneath see-through garments or whites.

● Men's or boys' departments are often less costly sources for shirts, sweaters, jeans and, occasionally, jackets. (Boys' size 16 is equal to a women's size 8.)





**BUTTONS** must be properly positioned. Slight variations in placement can significantly alter a garment's appearance; for example, blouse fronts will gap or pull. Check that buttons are sewed on well, with enough give to prevent them from breaking off under stress. Lightweight fabrics need small buttons sewed on with fine thread. Heavy or coat fabric requires large buttons with stronger thread. Fabric-covered buttons are a mark of quality. Check for an extra button sewn on the lining; it could come in handy.

**BUTTONHOLES** should not be so small that pushing the button through takes effort, or so large that the garment pops open whenever you make a move. Buttonhole size and positioning is especially important at the neck, waist and bust.

**POCKETS** are often problem areas. Check in a mirror for any distortions (ripping, bulging) in the outer pocket fabric. Inner lining should be lightweight and not show through.

**ZIPPERS** are supposed to be invisible unless they are part of the design; they

should zip smoothly. **HEMS** should always fall smoothly and the stitches be invisible. Check how much fabric is used; if fashion lengths change, is there enough fabric to let the hemline down?

**LININGS** must be slightly smaller than the garment itself, and be of comparable weight. For example, a heavy satin makes an ideal underlining for wool coats. If the outside of a garment pulls or sags, it could be the fault of a lining that's put in too tightly. Check the inside; lining should be sewed onto the garment along front opening, neck, neck-to-shoulder line and at cuffs. It should be tacked onto or be altogether separate from the garment at the hem and armholes to avoid tearing under stress.

**SEAMS** are determined by the fabric used and the style of the garment. Heavy fabrics (denim, cotton duck) often require double-stitching to add strength. For fabrics that fray easily (tweeds, linens), seams are usually bound by two strips of extra fabric on either side. Stitches should be invisible, unless part of the design.

## HOW TO AVOID BUYING COSTLY FASHION MISTAKES

*When money is tight, there's no room for error, so it becomes especially important to buy carefully. We'll show you how by pointing out some of the most common—and costly—pitfalls.*

■ Learn to spot fashion trends—they give you the look of the season. But be selective—you only need a couple of items to look trendy. A whole closet of metallic or preppy styles can add up to a wardrobe disaster.

■ Before leaving the dressing room, check garment for fit by swinging arms wide and lifting them overhead. Fold arms across chest and glance at your backview for stress wrinkles. Sit down—can you breathe? Never buy something that's tight on the premise that you'll go on a diet. Wait until you lose those five pounds.

■ Get the total picture in a three-way mirror, both close up and from a distance. Try walking across to the opposite dressing room and looking in your mirror from there. Check another mirror in case of distortion (you look too fat, too short). Then trust your own opinion; do not ask the sales clerk unless she knows you well.

■ Always check the fabric content tags. A high price tag is no guarantee that a garment will last longer or hold its shape better. (See fabric chart, opposite page.)

■ Resist the urge to shop when you're depressed. A fuchsia blouse may give you a temporary lift, but how often will you wear it?

■ Know which are your most attractive features and which need camouflage. Fashion has to do with illusion: The more sensitive you are to your figure, the better you'll be able to hide problem areas and still convey a sense of style.

■ If you want to coordinate a particular garment (say a mauve skirt), wear it while shopping. Never rely on memory for color.



## Clip-and-Save Calendar of Fashion Sales

Savvy shoppers buy the best quality their budgets allow—and they buy it on sale. Most stores have regular monthly sales, when they empty out their inventory and prepare to receive new merchandise. It may take patience, but if you hold out, you'll discover that nearly every article of clothing goes on sale for as much as 50 percent less. Time your purchases according to the calendar below.

<b>MARCH</b> Boots Furs Hats Hosiery	<b>APRIL</b> After Easter and spring sales  Dresses Jackets Sleepwear	<b>MAY</b> Mother's Day, Memorial Day  Handbags Jewelry Lingerie	<b>JUNE</b> Shoes Raincoats
<b>JULY</b> Fourth of July, summer sales  Sportswear Swimsuits Lingerie Hats	<b>AUGUST</b> Dresses Furs Coats	<b>SEPTEMBER</b> Labor Day  Back-to-school wear	<b>OCTOBER</b> Columbus Day, fall sales  Coats Sportswear Jackets Pants
<b>NOVEMBER</b> Veteran's Day, Thanksgiving  Shirts Blouses Dresses	<b>DECEMBER</b> Post-holiday sales  Sweaters Accessories Lingerie Fall clothes	<b>JANUARY</b> Winter sales  Shoes Handbags Formal wear Coats Furs	<b>FEBRUARY</b> Washington's Birthday  Ski wear



FABRIC	CHARACTERISTIC	CARE
<b>Wool and wool blends.</b> Some examples: flannel, gabardine, serge, worsted.	The most versatile fabrics. Long wear-life. Do not stain easily. Good wrinkle resistance.	Dry-clean only. For sweaters, hand wash.
<b>Cotton and cotton blends.</b> Some examples: flannel, broadcloth, duck, oxford, muslin, voile, chintz, poplin, denim.	Good durability. Can be waterproofed. Stain easily. Hold shape best when blended with a synthetic.	Mostly machine washable, but test fabric first to see if color bleeds or runs. Iron with a dry iron while damp.
<b>Silk and silk blends.</b> Some examples: brocade, chiffon, gauze, taffeta, charmeuse, crepe.	Lustrous sheen and soft to the skin. Stain and fade easily. Poor wrinkle resistance.	Dry-clean all silks and silk blends the first time to avoid discoloration. Some silks can be hand-washed later on.
<b>Linen and linen blends.</b> Some examples: linen blended with cotton, silk or polyester, handkerchief linen, butcher linen.	Come in varying weights and textures (from smooth to coarse). Relatively mildew resistant. Stains are fairly easy to remove. Low wrinkle resistance.	Hand-wash and dry-iron while damp, or dry-clean. Silk/linen blends must be dry-cleaned.
<b>Man-made.</b> Some examples: acrylic, nylon, polyester, rayon, Spandex, metallics.	High heat sensitivity and low moisture absorbency—less comfortable in warm weather. Wrinkle-resistant.	Most are machine washable; check cleaning instruction tags. Require little ironing.

If you know how different fabrics drape and respond to daily wear, you are in the best possible position to make wise fashion investments. The following chart will help you understand what you can expect from your clothes. The chart also tells you how best to care for various fabrics.

## Get Fit!

*Because one designer's size ten is another's size eight, you have to base your purchasing choices on how the clothes fit and not by what their tag numbers say. Make sure you don't get stuck with such things as jackets that have sleeves hanging down to your fingertips. Follow these guidelines for fit from Dress Better For Less by Vicki Audette.*

**Suit Jackets and Coats.** Jackets and coats should fit smoothly over other clothing (shirts, sweaters, vests). A coat's sleeve should hit the wrist bone when arm is bent. A jacket's sleeve should fall at the wrist bone. When trying on coats or jackets, swing your arms backward and forward to test for comfort.

**Skirts.** Skirts should fit smoothly across the seat and tummy. Pleats ought to hang straight and closed when you are standing. The waistband should not be so tight that it's uncomfortable and pulls out of shape. Make sure the pockets are lying flat, not pulled open.

**Dresses.** Make sure the waistline of the dress hits your natural waistline. In a dress with a fitted bodice, the vertical waist-to-bustline darts should end right at the tip of the bust. Also check the shoulders. They should not droop past the end of your own shoulder.

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## How to get one more year out of

# FAVORITE CLOTHES

Good news: With a little imagination and some sewing know-how, you can recycle your oldies to be worn again and again. Here are some suggestions to give you at least one more year of fashionable wear, and save money in the long run.

- Store clothes on padded or broad plastic hangers; the wire type contributes to garments losing their shape.
- Repair tears, fallen hems and open seams—and replace missing buttons—as soon as you notice them.
- Hand-washing is optimum for good maintenance.
- Always try to remove stains immediately.

\* **MOUSES:** A stain or hole in the sleeves can be camouflaged with embroidery (balance decorations on either side). Don't forget layering; it can hide a multitude of stains, tears, etc.; cover up blouses under vests and sweaters. Frayed collars can be hidden with foldover braid or, for a new look, remove the collar altogether.

\* **SWEATERS:** Sweaters turn easily into vests; remove sleeves and stitch around armholes to prevent fraying. Wear pullovers under a suit, adding a ruffled collar and pearls. Another option: sew leather or suede patches on worn-out elbows.

\* **PANTS:** Flared or baggy pants can be updated by shortening to just above the knee, adding a cuff . . . for a pair of Bermudas. Turn them into

knickers or bloomers by cutting off the bottom of each leg  $2\frac{1}{2}$ " below the knee, making a hem, securing with elastic.

\* **JACKETS:** Refurbish with different buttons, turn the collar up and belt it. Try the leather- or suede-patch trick for worn out elbows. Jacket labels can be narrowed or removed.

\* **DRESSES:** If the dress has a waistline, cut off the top and wear the bottom half as a skirt. Use cut-off pieces to make a waistband, insert a zipper at the side or back and add a button for closure.

\* **SHOE BOOTS:** Resurrect tired footwear by putting on new soles and heels. When the styling is not quite up-to-date, try wearing pants for an easy solution on casual days.



# THE Diet Personality Test

New research released exclusively to LHM reveals a whole new approach to dieting. Take the test below and learn how to stop diet failure forever. By Mina Bender

**W**hy can some people keep weight off permanently, while others seem locked into demoralizing patterns of diet failure? Surprisingly, the answer has more to do with your personality than with any other factor.

Thompson Medical Company, producers of successful over-the-counter diet aids, recently asked the research firm of Ross-Cooper Associates to interview 1,000 men and women. Participants were asked questions about how they cope with weight problems, and their responses were then carefully analyzed.

The conclusions? Dieters can be divided into six major personality profiles on the basis of character traits that influence their ability to diet. Knowing your diet personality is the key to losing weight—and to keeping those extra pounds off for good. Once you understand your eating habits and attitudes towards food, you can alter the way you eat to match your personality . . . and stay slim forever.

## To Take the Test:

**Step One:** Read each description in the Statement column and ask yourself: "How much does that apply to me?" Pick your answer from among the following choices and circle the appropriate number to the right of the Statement.

1. Do not agree at all.
2. Hardly agree at all.
3. Agree somewhat.
4. Agree almost completely.
5. Agree completely.

**Step Two:** When you are finished with all 25, go back and look across the line next to the number you've circled for each Statement. Put an X in each colored box on that line.

Statement		A	B	C	D	E	F
1. I always go on a special maintenance plan when I stop dieting.	1						
	2						
	3						
	4						
	5						
2. I eagerly look forward to a "new me" while I'm dieting.	1						
	2						
	3						
	4						
	5						
3. The diet that helps me lose weight quickly is best. Otherwise I become discouraged.	1						
	2						
	3						
	4						
	5						
4. Taking diet pills is a good way for me to diet.	1						
	2						
	3						
	4						
	5						
5. Skipping an occasional meal helps me to lose weight.	1						
	2						
	3						
	4						
	5						
6. I find that counting calories is a good way for me to diet.	1						
	2						
	3						
	4						
	5						
7. I feel hungry most of the time when I'm dieting.	1						
	2						
	3						
	4						
	5						
8. Dieting makes me feel as if I'm in control of my life.	1						
	2						
	3						
	4						
	5						
9. I need the aid of a support group in order to stay on a diet.	1						
	2						
	3						
	4						
	5						
10. Drinking diet soft drinks helps me stick to a diet.	1						
	2						
	3						
	4						
	5						
11. I smoke to keep myself from eating.	1						
	2						
	3						
	4						
	5						

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# Statement

# A B C D E F

12. Crash diets usually work for me.

13. I'll probably have to diet for the rest of my life.

14. Fasting is an effective way for me to lose weight.

15. Exercise is an important part of any diet.

16. In Weight Watchers or another support group, I get encouragement from others when I lose weight.

17. A diet that I plan myself works better for me than any published diet plan.

18. Dieting is a way of life for me.

19. Diet support groups are helpful when I diet.

20. Dieting is a frustrating experience.

21. I only go on diets for short periods of time.

22. Dieting is a painful, unpleasant experience.

23. The diet my doctor recommends works well for me.

24. I find that cutting down on portions is a good way for me to diet.

25. I won't be as sensitive to criticism after I lose weight.

TOTAL

## To Score:

Look down column A (on both pages of the test) and add up the number of X's. Put the total in the box at the bottom of this page. Now go back and compute the totals for columns B through F. The column with the highest total is your diet personality score.

Now look for the detailed profile of your diet personality. If you scored highest in the first column, look below for type A: "Fitness Dropouts"; if your total was highest in the second column, look on the next page for B: "Low-Cal Lifers," and so on. You'll find a description of the advantages and disadvantages of your particular personality type, your most common diet trouble spots and how to solve them once and for all.

## A Fitness Dropouts

Your weight-gain problem is often the result of falling off the fitness bandwagon. You're usually very active; when you slow down you add pounds—fast! Still, of all the diet/failure patterns, yours is the easiest to beat. (Although it may not seem that way!)

Your pattern rarely involves a large weight gain, but you agonize over a five- or ten-pound fluctuation. Since you haven't been troubled by weight gains in the past, you're not well equipped to deal with them. You frequently feel at a loss to cope with a problem that would seem relatively minor to other dieters.

### Advantages

• *Excellent attitude about food.* You enjoy eating, but are not obsessed with food. You are interested in nutrition and favor healthy, simply prepared foods.

■ *Minor problems.* You catch your weight gain early because you are so surprised when your clothes don't fit properly.

• *Highly motivated.* Being thin, healthy and attractive are more important to you than eating. Facing your weight problem is half the solution for you.

• *Love of physical activity.* You enjoy sports, exercise, walking, dancing. You get restless if you sit still for too long.

### Disadvantage

■ *Over-confidence.* Your past experience has been that you can cut out bread, play an extra set of tennis, and the problem disappears. When you don't lose weight easily, you feel frustrated and angry.

### Trouble Spots

■ *Any break in your exercise routine.* Physical activity is the single most important factor in maintaining your weight. But it's often difficult to keep active during the following periods of your life:

• *Pregnancy.* You need to start eating for one again, after nine months of eating for two! The heightened activity level that accompanies the arrival of a baby may not be enough to keep you thin.

■ *Injury or illness.* As a sports enthusiast, you're prone to injuries that can put you on the bench for weeks—sometimes months. When that happens, the scale creeps up.



■ **Unexpected emotional upheavals.** Divorce, a job setback, trouble with a child—any emotional hurdle—can be disorienting. Turmoil can lead to lethargy, which, for you, leads to weight gain.

## Solutions

■ **Don't stop exercising.** Unless you're really ill, you've got to keep moving. Use your reserve of natural energy when you find yourself faced with feelings of inertia.

■ **Buy a calorie counter.** You don't have to count every calorie, but you should learn the general caloric content of food.

■ **Plan an active vacation.** Use your love of exercise to get you back in a positive groove. Camping, hiking, skiing—there are dozens of active vacations to choose from.

■ **Begin a diet dramatically.** Most dieters should avoid crash diets. But since you eat well most of the time, kicking off your diet with a modified fast, or the crash diet outlined below, can give you the quick weight loss you need to become enthusiastic about your diet. However, check with your doctor before beginning any diet.

## 3-DAY KICK-OFF CRASH DIET

(Approximately 900 calories per day)

Breakfast	cal.
6 oz. cocktail vegetable juice	35
or ½ grapefruit	50
Slice of whole wheat toast	65
Tea with lemon or black decaffeinated coffee	—

## AM Snack

3 celery stalks	20
Herb tea	—

## Lunch

Assorted raw vegetable salad with lemon juice or vinegar dressing, including:	150
<i>Unlimited:</i> lettuce, bean sprouts, broccoli, cauliflower, zucchini, cabbage, cucumbers, radishes, green peppers, string beans	
<i>One per salad:</i> tomato, carrot, red pepper	
1 small apple or banana	80

## PM Snack

Sliced cucumber	20
Herb tea	—

## Dinner

6 oz. broiled sole, haddock or flounder	200
Medium-sized raw vegetable salad	150
or baked potato with 1 tsp. mustard	95
Herb tea or decaffeinated coffee	—

## Before Bed

6 oz. warm skim milk (flavored with ½ tsp. vanilla and a dash of cinnamon)	
or one piece of fruit (orange, peach, plum, nectarine, 1 cup berries or ½ cup pineapple)	65

# B. Low-Cal Lifers.

You consider being overweight a sign of lack of self-control, a trait you pride yourself on having—and you are generally successful in keeping your weight around the desired level. You have a built-in calculator in your brain that immediately computes the caloric content of just about anything.

Your weight problem—if, indeed, you have one—hovers in the “manageable” range of between five and 15 pounds. Since you're usually thin, these pounds really bother you. But as long as you stick to your own low-calorie program, you're in control.

## Advantages

■ **Discipline.** You have excellent eating habits. You nibble on healthy, low-cal snacks, avoid junk food and rarely binge.

■ **Positive self-image.** Maintaining self-control gives you a sense of independence. You maintain good eating habits because you highly value being thin.

## Disadvantage

• **Rigidity.** You create a strict diet plan, which you often find oppressive as well as depressing.

## Trouble Spots

■ **Breaks in routine.** You respond well to structure and poorly to change. You have set patterns regarding food and can gain when there's a change in your usual pattern. For example, a new job can mean a new lunch routine. Until you reinstate your low-cal habits, you're likely to indulge.

■ **Incipient bingeing.** You indulge in a sneaky kind of bingeing. For example: You've been feeling deprived, so treat yourself by eating ice cream in bed. You skip dinner and substitute a scoop of chocolate ice cream for your main course. That would be fine once in a while, but you can't allow yourself “quirky” food habits, because you have a way of standardizing them into a pattern.

■ **Sedentary nature.** You control your weight solely by counting calories. You don't get the benefit of burning off extra calories through exercise. You may not have as good a figure as you should because you're not in shape.

## Solutions

• **Keep counting.** Extra tastes and nibbles can add up to extra calories—and ultimately extra pounds. An accurate calorie count is the single most important way of keeping your weight where you want it.

■ **Don't be too hard on yourself.** Do you love pasta, but deny yourself because it's “fattening”? Remember, a cup of cooked spaghetti has only about 150 to 200 calories. Why not skip the rich meat sauce and serve the spaghetti with onion and garlic simmered with a few fresh tomatoes for a low-calorie, gourmet alternative.

■ **Exercise.** Think of a diet as though it were a bank account: Deposit so many calories; withdraw by using them up in extra activity. Dance for two hours, 720 calories; wash windows for a half hour, 120; shovel snow for one hour, 420.

■ **Allow planned indulgences.** To take away the “life-term” prison mentality, “cheat” by having dessert on a special occasion. Allow yourself lasagna at a friend's dinner party. Think ahead, plan the cheat, compensate

next day with activity to burn off calories.

• **Beyond calorie counting.** Recent studies have shed new light on what we eat and how it affects our bodies. Traditionally, getting enough protein has been emphasized. New research stresses the importance of dietary fiber, which can be obtained in the lower-calorie food families of vegetables, fruits and grains. (See sample menus below.) Now, the rule of thumb for a healthier diet is: Increase complex carbohydrate consumption (grains, vegetables, legumes and fruit); decrease intake of fats, cholesterol, simple sugars and salt.

## TEN-POINT DIETARY PROGRAM

1. Eat smaller, more frequent meals so your calories are spread throughout the day.

2. Use low-fat dairy products (skim and nonfat).

3. Limit fat (oil, butter, margarine or mayonnaise) to one tablespoon daily.

4. Cut out refined sugar, baked goods and candies.

5. Eat more vegetables, fruit and whole grains.

6. Use egg whites liberally, but limit yolks (which are very high in cholesterol) to three per week.

7. Eat fish, chicken and only very lean meat. Cut out ham, pork, luncheon meats and all fatty cuts of beef.

8. Cut down on alcohol. It's high in calories. Limit yourself to a glass of wine before or during dinner.

9. Eat a wide variety of foods to insure a full complement of vitamins and minerals.

10. Use low-fat cooking methods such as steaming and broiling.

## LOW-CAL LIFER DAY

Breakfast	cal.
¼ cantaloupe or honeydew melon	30
1 poached egg on	80
1 slice toast	70
Tea with lemon or black decaffeinated coffee	—

## Lunch

Open-face turkey sandwich made with:	
2 oz. turkey	100
1 slice whole grain bread	70
Mustard	—
Sliced tomato	20
Sliced cucumber	5
1 pear	100
Iced water with lemon	—

## Dinner

3 oz. baked fish filet with dill	170
½ cup cooked carrots	25
½ cup raw spinach salad with	20
1 tsp. dressing	30
1 small baked potato	80
1 apple	70

## Snack

½ oz. low-fat cheese	50
4 small wheat crackers	65

**TOTAL** 985



## ● Needy Groupies

You need group support when you diet. Constant supervision and monitoring are central to your success because you hate the idea of restricting yourself—and rarely do so on your own. You enjoy eating, love restaurants, eat three full meals a day and resent giving up snacks. You're also a good cook and like to spend time in the kitchen.

### Advantages

- *You seek out and accept support.* You know you need structure and the support of others in order to control your weight, so you enlist the aid of family, friends and outside support systems.
- *You're motivated.* You want to stay on a regimen that keeps you slim, and you're willing to make the effort needed to tackle your problem.
- *You have a positive self-image.* You consider yourself intelligent and successful. You like feeling as if you're "in control," which you do when you utilize a support system to help you exercise your willpower.
- *You enjoy food.* You love to cook and experiment with new recipes and different types of food. You can channel your interest in good-tasting, nutritious, diet-conscious food to your own advantage.

### Disadvantage

- *You need external supervision.* You cannot diet by yourself. You must have outside help to reinforce your own willpower. Constant supervision and group monitoring are the only things that keep you on the diet track and in a positive frame of mind.

### Trouble Spots

- *Periods of withdrawal.* Leaving the team environment, for whatever reason, is your biggest stumbling block. A new job, new home, new baby, travel—anything that breaks up your routine and keeps you away from your support system—can lead to weight gain.
- *Holidays/weekends.* It's hard to resist temptation when the food you love is available in abundance—at Thanksgiving, birthdays or long Sunday brunches.
- *Anger/guilt.* You may be embarrassed to admit to the group that you've cheated—which can cause you to miss meetings and avoid the interpersonal relationships that work so well for you.
- *Hunger.* You have a healthy appetite so you get into trouble when you try a diet that starves you. You need a diet that allows enough good-tasting food to satisfy your natural desires.

### Solutions

- *Expand your interest in nutrition.* Read up on health and nutrition, and find new, less-fattening ways to prepare your favorite foods. You'll enjoy cooking, eating and entertaining more if you have a strong interest in the nutritional value of what you're serving.
- *Take advantage of diet-support programs.* Weight Watchers and Overeaters Anonymous are just two of the many weight-reduction programs available. Check your local phone book and join. (Choose one close to home; this will help you avoid making excuses on those rainy or snowy nights.)
- *Create your own support group:*

1. Form a group with people who are readily available, like co-workers or neighbors. Day-to-day access to the members of your group helps insure success.

2. Choose a group leader who is responsible for scheduling meetings and calling members on a regular basis to reinforce team spirit. (Rotating leadership helps make each member a full "team player.")

3. Write down the specific goals and rules. For example, the group might agree on a slow, steady, healthy weight-loss regimen that all members will follow.

4. Each member should keep a personal record of weight-loss progress and pitfalls. Also, keeping a record of photographs is especially fun after the first month when progress becomes visible!

5. Share recipes and behavior modification tips.

6. Plan and organize group exercise or sports activities at regular intervals.

7. Find a restaurant that will prepare good, low-cal meals and celebrate successes together. Top losers don't pay!

8. Don't disband the group once you've achieved your goals. Keep your exercise routines and telephone support systems.

## D ● Chronic Gainers

If you're a Chronic Gainer, you're a "foodaholic." You have an enormous appetite and you eat compulsively—often to ease psychological distress. You're caught in a vicious cycle: You "treat" yourself with food, but eating usually makes you feel guilty because you know you "shouldn't." Your pattern typifies the classic diet-failure syndrome: You diet and lose weight, only to regain more than you'd originally lost.

### Advantages

- *You enjoy food.* Your biggest "liability" can actually be a great asset. If you love to eat, chances are you're a great cook as well. A logical next step is to channel your interest in food into developing a healthier diet.
- *Self discipline.* Although slow to get going, you can commit yourself to diets for specific periods of time and you do lose.

### Disadvantage

- *Your appetite.* Simply stated, you have formed the habit of eating too often and too much, which makes dieting uncomfortable and difficult.

### Trouble Spots

- *A well-stocked refrigerator.* You simply can't have fattening food in the house and still expect to stick to a sensible diet.
- *Sweets and heavy foods.* Your love of sugar could almost be considered an addiction. You also favor heavier foods. Although you're aware of the calories, you don't like to deprive yourself.
- *Special occasions.* Eating out, holidays, vacations, dinner parties—almost any special occasion is an excuse to eat. ("How can I pass up the cake? It's a celebration!")
- *Poor track record.* Your diet history is your excuse for not dieting now. You rationalize that the last time you tried, you gained back the weight you'd lost.
- *Sedentary nature.* You're not a sports enthusiast and, in general, you don't like getting up and going. If you're not physically

active, you can't burn up excess calories. ■ *Lack of inspiration.* You'd rather eat than be thin. When you do go on a diet, it's usually because a friend or relative has suggested it or there's some special occasion coming up.

### Solutions

- *Eat.* Snack all day, if necessary. You have a large appetite, and it's unrealistic to think that you can lose weight by trying to deprive yourself completely. Here are ten foods you can eat to your heart's delight: lettuce, cucumber, celery, green pepper, string beans, zucchini, cauliflower, broccoli, cabbage, bean sprouts.
- *Cut out all refined sugar.* You may continue to crave sugar for a few weeks or even feel a bit depressed for a few days. But, the longer you go without sugar, the easier it will become, the better you will feel and the more you'll lose.
- *Begin an exercise program.* Consistent exercise will do more to help you break your diet/failure cycle than you can imagine. Choose an exercise class, aerobic dance class or membership in a health club to get you going. It may take a while to build up enthusiasm. Stick with it.
- *Finish a task.* Clean a closet, knit a sweater, devote time to a charity. You need to establish—and then reinforce—positive attitudes about yourself. You'll find that success breeds success.

Keeping busy will keep you away from the refrigerator.

- *Set a realistic timetable.* Overcome your self-defeating attitudes. You may have been struggling with your weight problem for years, so you can't expect to solve it overnight.

Make two lists: immediate goals and long-term goals. Under immediate goals, you might list: no sugar today; take a 20-minute walk today; join an aerobic dance class. Under long-term goals, you might target a 15-pound loss for your first month and an additional ten pounds for your second. The secret is not to expect too much of yourself—or too little.

- *Don't cheat to punish yourself.* You have a pattern of using backsliding as an excuse to fail. When you do indulge, don't punish yourself by falling back into a failure pattern. Give yourself a day off your program and then get back on.
- *Basic high-fiber diet.* A high-fiber diet is especially well-suited to your eating patterns. You'll be able to satisfy your appetite with lower-calorie foods and your blood-sugar will level off and prevent you from feeling actual hunger. See next page for sample high-fiber menus.

For still more information, see *The Barbara Kraus Guide to Fiber in Foods* (Signet Books, 1981).

- *Easy substitutions.* Lower-calorie substitutions for higher-calorie ingredients:

1. In tuna fish, instead of mayonnaise, use mustard and yogurt.
2. When preparing fish, instead of butter or oil, use white wine, garlic, herbs and lemon juice.
3. In place of jam, serve puréed fresh fruits (blueberries, peaches or apricots) with toast.
4. Instead of mayonnaise, blend tofu (white bean curd) with mustard, garlic, herbs and a few drops of lemon juice.
5. Instead of sherbet, serve puréed fruit that has been frozen. Bananas, peaches and raspberries are all delicious



• *Try appetite suppressants.* Some over-the-counter diet aids such as Dexatrim have been proven safe and effective by the U.S. Food and Drug Administration. They can help curb your desire for food—which is your single biggest problem. (As with any medication, check with your doctor before using these products.)

## HIGH-FIBER MENUS

### Breakfast

cal.

1 cup cooked oatmeal	150
½ cup skim milk	80
1 cup tomato juice	46

### Lunch

1 cup tomato juice	46
Whole wheat pita bread pocket stuffed with 2 oz. water-packed tuna, 1 grated carrot, shredded cabbage and sliced tomato	181
½ cup apricot juice	70

### Dinner

½ baked chicken breast	154
½ cup non-egg noodles with 1 tsp. low-fat cottage cheese and 1 tsp. grated Parmesan cheese	116
1 cup broccoli with lemon wedge	48
Melon balls with fresh strawberries	74

### Snack

1 cup un buttered popcorn	23
---------------------------	----

**TOTAL** 988

# E. Diet Yo-Yo's

*Conflict* is your middle name. You're a good dieter and you're able to lose weight successfully. At the same time, dieting makes you feel deprived, frustrated and lonely. So, just as your name suggests, you go up and down. You take weight off, but then give in to your desire for food, so pounds go right back on.

You're savvy about your eating—you know you often eat for psychological reasons that have nothing to do with physical hunger. Unfortunately, that knowledge doesn't help you stop eating.

## Advantages

- *You're an experienced dieter.* Name a diet and you've been on it. What's more, you've managed to lose a considerable amount of weight in the past.
- *You're motivated.* You really *want* to be thin. You may need an upcoming special occasion as the impetus to begin a new diet, but once you've decided to diet, you have great determination.
- *You care about your appearance.* You fully accept the idea that it takes work to be attractive. You're willing to make sacrifices as long as you can see results quickly.

## Disadvantage

- *Inability to stick to a routine.* You start out with good intentions, and often achieve great results. But consistency is not your forte. As a result, you swing from one routine to another.

## Trouble Spots

- *Giving in and going off.* You do everything 150 percent. Either you're on a diet or completely, disastrously, off one. You use cheating as an excuse to begin an "off" cycle.
- *Psychological swings.* You're jealous of thin people. You attribute many good things in life—success, popularity, sexiness—to being thin. You feel ugly and embarrassed when you're heavy. You blame yourself for your lack of control. When you're back on a losing cycle, however, your good opinion of yourself returns.
- *Binge behavior.* You eat compulsively and you diet compulsively. You can't bear to leave half a portion on your plate (unless you know you can polish it off in the kitchen later). You're the nighttime eater, the chocolate chip cookie freak, the weekend binger.
- *Food in the house.* Since you are a compulsive eater, having food around makes you want it more. You sometimes play games with yourself, buying food you know you shouldn't in anticipation of a binge.

## Solutions

- *Try on your "thin" clothes often.* You've undoubtedly got clothes in your closet from a slimmer time. As soon as you gain weight, try on your favorite "thin" pants each morning to keep highly motivated.
- *Decrease your weight swings.* It's simply not healthy to put your body through frequent extreme changes. If you normally fluctuate around 15 pounds, cut it to seven. If it's been 20, catch it at ten.
- *Try these habit-breaking tips for bingers:*
  1. *Identify your problem.* Keep a record of what and when you eat for one full week.
  2. *Consider the consequences of your behavior.* List all the ways in which your self-destructive food habits limit your enjoyment of life.
  3. *Create a reward system.* Decide on specific (non-food!) rewards for each time you refrain from destructive eating.
  4. *Restrict where you eat.* Don't eat in bed, standing up or in front of the TV. No food should cross your lips unless you're seated at your dining room table.
  5. *Eat from a plate.* Those extra nibbles out of serving dishes and food containers can really add up.
  6. *When you feel like bingeing, do something else.* Go jogging. Take a bath. Better yet, go to an exercise class. Plan activities for those hours that you find most difficult.
  7. *Establish a hot-line.* Find a friend who agrees to talk to you when you need a friendly voice. Knowing you have someone to call can really help when you find yourself headed for the cookie jar.
  8. *Try a several-stage plan.* If you can't stop cold-turkey, begin to cut back in phases. First, substitute low-calorie foods for high-calorie ones. Binge on raw vegetables or popcorn. Once that habit takes hold, you can begin to binge less often.
  9. *Seek skilled help.* Some bingeing habits are too tough to break by yourself. If yours is one of them, admit it and get the help you need. There are support groups springing up all over the country to help women cope with this increasingly prevalent problem. Check with your doctor or hospital for guidance.
- *Eat throughout the day.* Your mood goes up and down with your blood-sugar level. Keep your blood-sugar level steady by snacking throughout the day on low-calorie foods. Some under-100-calorie snack suggestions:

## 50 SNACKS UNDER 100 CALORIES

cal.

1. ½ cup fresh blueberries	45
2. 1 sesame breadstick	42
3. ½ cup low-fat yogurt	75
4. 1 cup plain popcorn	23
5. ½ cup red raspberries	41
6. 1 whole ripe tomato	33
7. 1 small banana	81
8. 5 saltine crackers	60
9. 1 medium apple	80
10. ½ plain bagel	83
11. 3 fresh apricots	55
12. ½ white medium grapefruit	44
13. 1 whole peach	38
14. ½ cup cauliflower	14
15. 1 cup celery, sliced	20
16. 1 large tangerine	39
17. 1 cucumber	29
18. ½ cup raw mushrooms	10
19. 1 hard-boiled egg	81
20. ½ medium bran muffin	53
21. 1 slice whole wheat toast	64
22. ½ cup fresh grapes	52
23. 1 large dill pickle	15
24. 10 almonds	70
25. ½ cup apple cider	58
26. 1 cup brussels sprouts	56
27. ½ cup cubed cantaloupe	24
28. ½ cup low-cal gelatin	8
29. 1 whole medium orange	77
30. 1 cup diced watermelon	42
31. 10 small pretzel sticks	12
32. 4 oz. pineapple chunks	64
33. ½ English muffin	70
34. ½ cup stewed tomatoes	36
35. 7 medium fresh shrimp	70
36. 5 medium raw oysters	60
37. 1 cup fresh cherries	65
38. 1 medium plum	30
39. 5 cooked prunes	85
40. 1 cup puffed wheat	43
41. 1 cup buttermilk	90
42. 1 cup carrot juice	50
43. 1 cup puffed rice	55
44. 30 pistachio nuts	88
45. 6 cherrystone clams	65
46. 1 cup grapefruit juice	85
47. 1 cup onion soup	64
48. 1 cup low-cal fruit cocktail	74
49. ½ medium corn muffin	53
50. 1 cup tomato clam chowder	86

# F. Problem-less Dieters

You're the people the rest of us envy. In general, dieting is not a problem for you. You do occasionally gain a few extra pounds. But you can usually take weight off just by noticing that you've put it on. In other words, you have your own methods for dealing with dieting that you find easy and successful.

You just need to keep on doing what you're already doing. Consequently, a program hasn't been outlined for you. Still, if you were able to identify with some of the attitudes in the questionnaire that are associated with other dieting personalities, reading about the other groups will help you cope with the areas in which you may be slipping.



# MILDEW: HOW TO PREVENT IT, WHAT TO DO WHEN IT ATTACKS

By Lois Libien and Margaret Strong

*The best defense against mildew is to keep things as warm, dry and well-ventilated as possible. Still, there are times when mildew fungus seems to flourish no matter what you do. Here are some tips on how to treat and prevent mildew.*

## To prevent mildew

- An electric dehumidifier can help prevent mildew problems in a damp basement. Keep basement closet doors open as much as possible so air inside can circulate. Solid closet doors can be replaced with louvered doors for better ventilation. If the basement isn't heated, a space heater can be operated when weather is especially humid. Leaks should be fixed as soon as they're discovered; where there's dampness, mildew is likely to follow.

- Keep bathrooms as dry as possible. Hang towels and washcloths flat instead of leaving them wet in the tub. Never put damp things in your hamper. Rinse the shower curtain with cool water after each use, then open it out to dry. Wipe wet shower stall tiles with absorbent toweling. Keep the window (if there is one) and the door open as much as possible.

- In closets, hang clothes loosely so air can circulate around them. Avoid storing things on the floor. Instead, keep leather shoes, belts and luggage (especially susceptible to mildew) on a shelf and place a desk blotter under them to absorb any moisture. If dampness is noticeable, sprinkle mildew-inhibiting moth crystals around the closet—and keep the closet door open whenever possible so any moisture can escape.

- Never put mops away while they are still wet. If you do, the mops will probably mildew and acquire an unpleasant odor. Instead, let them dry thoroughly, head up, before returning them to your cleaning closet.

- If you dampen clothing before ironing it and then find that you can't iron it all, put it in the refrigerator or freezer. You can store it there up to two days and it won't mildew. When you do iron, you may find that the cooled things iron more easily than usual!

## R, for mildew problems

- Here's one remedy for mildew spores in the bathroom: Buy a box of the least expensive automatic dishwasher detergent you can find.

enough water to form a thick paste. Then, wearing rubber gloves, scrub the paste on shower curtains, bathroom tiles, grout, etc. You can even clean the tub with it.

- Or you can rely on the classic mildew remover for bathroom clean-ups: 50-50 solution of chlorine bleach and water. Be sure to work with bathroom window wide open; if there is no window, take frequent breaks. Be careful not to add any other cleaner to the bleach to make it stronger. The combination of chlorine bleach and ammonia can emit lethal fumes.

- If neither of these household remedies works to clean the grout around your tiles, try commercial mildew stain removers, such as X-14 (in supermarkets or hardware stores). Such cleaners contain a chlorine that is many times stronger than the chlorine in chlorine bleach. They should not be used on mildewed fabric, however, or on any surfaces that could discolor. Follow the directions on the label carefully.

- Mildewed non-skid shower mats can be washed in the washer with detergent and a little bleach. Add a towel or two to the load to help do the scrubbing. Let mat air-dry.

- Wash mildewed shower curtains the same way. Hang curtain immediately, opening it out flat so it will dry quickly.

- For a mildewed closet, follow this plan of action: Empty the closet, then take clothing outdoors to brush away all mildew spores. Or vacuum. Let clothing air for several hours.

Wash all washables in hot water and an appropriate bleach; dry thoroughly. Send nonwashables to the cleaners. Shoes, belts, luggage, etc., should be brushed or vacuumed.

Next, tackle the mold inside the closet. The easiest way is with the vacuum cleaner. Using the attachments, vacuum the walls several times until all signs of mold are gone. Throw away the disposable bag and clean off the attachments.

You may also scrub the closet with a mild alkaline solution, such as trisodium phosphate and warm water. (Trisodium phosphate is still available in many hardware stores.) Be sure to test the solution first on an inconspicuous section of the closet wall to be sure it won't damage the surface. If it does, add more warm water to the solution and test again.

When the closet is mold-free, sprinkle paradichlorobenzene moth crystals around it to help absorb moisture and deter mold growth. Bags of para crystals can also be attached to hangers and at the tops of garment bags, but be careful, as the crystals may damage plastic buttons and ornaments. **End**



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## STAR GUIDE

### FOR MARCH

**PISCES** (Feb. 19–Mar. 20) The first two weeks of the month are ideal for establishing a new routine at work or at home. But don't attempt anything risky around the middle of the month. Put forth your ideas after the 19th, when they'll be warmly received.

**ARIES** (Mar. 21–Apr. 19) The tempo of life quickens on the 21st. Your energy is renewed and you forge ahead with plans. Money may be in short supply now, but look forward to a bonus soon.

**TAURUS** (Apr. 20–May 20) This month your spirits will lift. One warning: Deal with difficult colleagues before the 15th. The following week may be fraught with complications. At the

end of the month you will be content.

**GEMINI** (May 21–June 20) Your patience is rewarded at the start of the month. You'll travel, make headway at work and meet new problems head-on. By the 16th, put on the brakes until April. You can expect some delaying tactics from others around the 30th.

**CANCER** (June 21–July 22) Home conditions have eased recently and now you can make improvements you desire. You may find your partner is reluctant to go along with you, but by the 25th you should get your own way.

**LEO** (July 23–Aug. 22) There are challenges to your ingenuity on every side, but you can handle them. Just don't let your bossy streak surface. Avoid adventurous situations until around the 17th or 18th. You'll be able to break from routine by the 25th.

**VIRGO** (Aug. 23–Sept. 22) This is a stormy month—but you weather it well. You may even achieve two of your most cherished goals. But don't trust news you hear around the 17th. It'll be a week before you can adjust your priorities to take in rewarding jobs or hobbies. Distant news is vital now.

**LIBRA** (Sept. 23–Oct. 22) If you hope

to have your wishes granted, the first two weeks could be vital. Get in touch with influential people. You may have a minor setback but you'll soon succeed. Personal relationships could be disturbed by your impatience, so watch your nerves and relax!

**SCORPIO** (Oct. 23–Nov. 21) March comes in like a lion—perhaps in the shape of a new Leo acquaintance. You'll meet new challenges and cope with new people. You could make your mark on the 11th and 21st.

**SAGITTARIUS** (Nov. 22–Dec. 21) A better phase is beginning. Involve loved ones in your plans. Friends are supportive during the first two weeks of the month, but cool around the 15th. The 20th brings good news.

**CAPRICORN** (Dec. 22–Jan. 19) Solving cash-flow problems should be easier this month, although you still have worries. Your hectic schedule should calm down, allowing more time for home and family until mid-month.

**AQUARIUS** (Jan. 20–Feb. 18) Romance is on the horizon and your financial prospects are looking up, too. Mid-month may find you in temporary difficulties, but they'll ease around the 25th.

—LEON PETULENGRO



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a program to help "impaired physicians." (The term "impaired physician" applies to alcoholic doctors as well as to those who are addicted to other drugs or have physical or psychological handicaps.) But the AMA has no record of how many physicians have been helped. Complete anonymity is an integral part of the rehabilitation program.

Still, while specific names are usually not known, a broad profile of the physician-addict has evolved. According to surveys of doctors under treatment, the typical doctor who has a problem with drugs is about 45 years old and male. (Women doctors, a minority in the profession, have tended not to show up in the studies, so no hard data exists on their drug addiction problems.) The drug-dependent physician is respected in his community and by his peers, but is unhappy at home, in his profession—or both. He uses drugs to cope with the pressures of his demanding life.

Recently, however, another doctor-addict profile has emerged: a physician in his 30s who "gets off," usually on cocaine. This younger generation of doctors starts taking drugs for psychological insights or a social high. "Their orientation toward drugs is very different," says Dr. Edward C. Senay, professor of psychiatry at the University of Chicago and one of the founders of the impaired physicians committee of

the Illinois State Medical Society. "Among young professionals, the way to be sophisticated now, the way to demonstrate your sociability, is with cocaine instead of alcohol. . . . Five years ago, a physician who said that he had to have cocaine to function was unheard of. Now we're beginning to see doctors who complain about dependence on cocaine. Just a handful of them, but they're there."

#### Why so many doctors?

Obviously, doctors have easy legal access to all sorts of potent, habit-forming narcotics, and can afford to buy a chic drug like cocaine—both of which contribute to and help explain their high addiction rate. But the full reasons for the problem are much more complex. One school of thought believes that doctors—by virtue of their personalities, profession and lifestyle—are especially susceptible to a drug habit. In the journal *Arizona Medicine* in 1978, Dr. Thomas E. Bittker, a psychiatrist who works with impaired physicians, said that addicted doctors tend to have autocratic and restrictive parents who forced them to overachieve as children, and that as adults, they push themselves mercilessly, yet are never satisfied or content with their achievements. The inherent stress and responsibility of a doctor's role, both on the job and at home, may also be a factor, according to a study by Richard C.W. Hall, of the University of Texas psychiatry depart-

ment. A doctor spends his day giving aid, perhaps even saving lives, and would benefit from opening himself up for comfort and support from his family. Yet, typically, he doesn't like to admit that he is emotionally vulnerable, and therefore, he jealously guards his position as "head of household." His wife usually defers to his authority and sees him as stronger than he truly is, so she doesn't offer him a chance to vent his feelings. Eventually, no longer able to cope alone, the physician turns to drugs for relief.

On the other hand, some doctors disagree with the notion that as a group they are more prone to drug abuse than the members of other professions. They see the physician-addict's problem as simply a manifestation of the universal craving for intoxicants. "We have an awful lot of job security, satisfaction and status," says Dr. Senay. "If you balance up our ledger, I can't buy that the stress of our occupation is pushing us in any one direction." Dr. Senay points out that everyone's life, not just a doctor's, is filled with dilemmas. "Our marriages don't work for the same obscure reasons that everyone else's marriages don't," he says. "In other words, we're people, and the reason we go tilt are the same reasons other people go tilt."

#### Getting hooked

Whatever the root psychological cause, a physician's use of drugs often begins for a medical reason. Dr. Leonard Harrison (a pseudonym), for example, was feeling tense and overwrought. He was chief of the department of anesthesiology and was active in his hospital's heart disease treatment program. At the same time, he was starting a farm, raising dogs and having serious problems with a teen-age daughter. "I was attempting too many things at once," he recalls.

At night, he couldn't get to sleep, so he began taking a shot of Demerol, the brand name for meperidine. This narcotic painkiller works on the central nervous system to relax the person taking the drug, and after a while it gives a sense of euphoria. Demerol, Dr. Harrison says ruefully, "is an ideal drug. You take it, it works, and it wears off quickly. You very seldom feel any effects when you get up the next morning."

Dr. Harrison convinced himself that what he was doing was right, even as he was gradually increasing his intake. He had started with the normal dosage of 50 to 100 milligrams before bed but began to wake in the small hours of the morning for another shot. "A tolerance was building," he says, "but I didn't admit it at the time."

To keep his habit going, Dr. Harrison began a practice common (continued)



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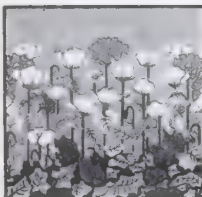
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## MEDICAL MENACE

continued

among addicted physicians. He wrote prescriptions for himself in other people's names. "Heck," he now laughs, "I had even written them for a sick dog we had at home. He got one shot, but I got the rest."

Then one day, he asked a colleague for a prescription for codeine as insurance against possible pain following an operation on his jaw. While walking to the pharmacy, he relates, "I decided that codeine wasn't going to be enough, so I simply changed it to Demerol." He had altered a prescription written by another physician. Punishment for such an offense varies from a reprimand to loss of license, depending on state laws and existing circumstances.

The hospital pharmacist, a close friend of Dr. Harrison's, had become suspicious of the doctor's large number of Demerol prescriptions over the previous two years. When he saw the changed prescription, he decided it was time to call a halt to the doctor's addiction. He confronted Dr. Harrison, and together they went to the hospital authorities and discussed the problem. Dr. Harrison entered a treatment program at the Mayo Clinic and, except for the authorized administration of Demerol following back surgery, has not used the drug—or any other nar-

man of the impaired physicians committee of his county's medical society.

Dr. Harrison was lucky—and so were his patients. His habit had not yet affected his medical skills or his interaction with other people, but probably would have in time. "An addiction is progressive," says Emanuel M. Steindler, PhD, director of the AMA's Department of Mental Health "and eventually, maybe months, maybe years later, something is going to happen behaviorally." Depending on person's physiology and the amount of the drug taken, Demerol will eventually cause dramatically debilitating side effects, as Dr. Larry Hudson (also a pseudonym) found out.

Dr. Hudson, a young internist, first started taking the narcotic when he suffered attacks of a rare hereditary ailment that caused periodic abdominal pain as severe as the agony of a ruptured appendix. But as his professional and social pressures grew, Dr. Hudson began injecting the drug in anticipation of the attacks. He started with the normal dose every four hours but was soon going for the needle every two hours, around the clock. On a gregarious, sociable family man who enjoyed bantering with friends, he became sullen, withdrawn and erratic in his behavior. He fell asleep several times while taking patients' histories.

## CIRCLE OF HEARTS

pictured on page 74



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...normally robust man, Dr. Hudson lost about 40 pounds as his addiction progressed.

Dr. Hudson was hooked for about four years. Then one night when he was shooting up in his kitchen, he suddenly fell to the floor in uncontrollable convulsions. He had overdosed, and his system was simply not able to absorb any more of the narcotic. He managed to get himself to the hospital for a dose of nalorphine, a Demerol antidote. For the first time, his colleagues saw the needle marks on his body, and he was compelled to enter a treatment center. He has now recovered and is resuming his career.

In another extreme case, a doctor even suffered from hallucinations. The addict, an orthopedic surgeon who was on Demerol for nine years, would leave the operating room to inject the narcotic. His drug habit, however, finally caught up with him: He was arrested one night for erratic driving at 80 miles per hour. He said he wanted to get away from pursuers who would cut him into pieces.

### Effect on the patients

Obviously, as a doctor on drugs becomes more debilitated, his patients must suffer. Yet, often the patients who are used to depending on their doctors won't speak up. "People are blinded by the medical mystique. They invest doctors with great authority and power, not recognizing they're human," says Linda Wolfe, author of *Private Practices*, a novel inspired by the drug-related deaths of the Marcus twins. She found that many of the Marcus patients continued to see the two obstetrician-gynecologists even though they were upset with their treatment.

"After the news was out, they said, 'That's why he was staggering around the office. That's why he had erratic bursts of anger,'" says Wolfe. "At the time, they blamed themselves: 'I must have said something to offend him.'"

Inevitably, though, the doctor's condition gets worse. "The nature of impairment is such," explains Dr. Charles W. Landis, a psychiatrist and president of the Medical Society of Milwaukee County, "that the doctor's practice deteriorates and there's a kind of selecting-out process. His family slides. He slides." Dr. Harrison adds, "Eventually, he can't work." The pattern is almost classic. A physician usually starts with drugs because he wants to improve his professional performance. He carefully plans his drug intake so that it doesn't interfere with his work. But as the demand for drugs becomes more urgent and frequent, he removes himself more and more from his patients. The more "impaired" he

becomes, the more his practice shrinks.

When his condition is at its worst, the doctor may exhibit bizarre behavior. One doctor tore an anesthesia mask from a patient's face and placed it over his own mouth. Another doctor gave a patient a shot of Demerol and then, not able to resist, calmly gave himself an injection in front of the patient and her family. Some doctors on drugs have passed out in the operating room, while others have verbally abused patients. One pediatrician threw a woman out of his office, yelling at her not to come back, because she forgot to bring a record of her son's toilet training as he had instructed her.

Occasionally, a drug-dependent doctor may seriously injure a patient. In a California malpractice case in the mid-1970s, a 32-year-old grocery clerk sued a surgeon at a Veterans Administration hospital, claiming the doctor had performed unnecessary back surgery that caused him great pain and emotional distress. The surgeon, who had 25 other malpractice suits pending at the time, testified that he had been addicted to "uppers and downers." According to the judge's decision, the doctor had confessed that "the drugs rendered him incompetent and caused him to treat his patients improperly." The court awarded the grocery clerk 3.7 million dollars.

More often, however, a doctor with a drug habit may do damage that's difficult to pinpoint. For instance, can a doctor take a proper history if he nods off while the patient is talking? Can a drug-addicted doctor be relied on to make a correct diagnosis, write proper prescriptions or have the necessary insights to practice medicine? "They

might end up making rounds at strange hours, asking patients to be awakened," points out Dr. Landis. "An impaired physician gives an order on the telephone and it's a garbled order. This is before we've been able to identify him as being addicted." As a result, a patient's illness may last longer than it otherwise might have, pain may be unnecessarily prolonged, or anxiety intensified.

### The code of silence

Traditionally, it's been difficult to identify addict-doctors and prevent such medical abuses. The doctor might be too wily to get caught, and other physicians would simply not admit there's a problem in their profession. "It's not just the physician who's denying, it's everyone with whom he comes into contact—his family and all the other hospital personnel and even his patients," explains Dr. Landis. "We don't like dissatisfying, unsavory episodes in our lives that we don't know how to handle." Also, a doctor who suspects a colleague is addicted might keep quiet out of fear of a libel suit. A physician wrongly accused of impairment could sue the accuser for everything from defamation of character to loss of income. Or physicians might just be reluctant to bring charges against another M.D., afraid of violating the "old-boy" code.

Gradually, however, this conspiracy of silence is being broken. Hospitals and even colleagues have been named in malpractice suits against impaired physicians for failing to intervene after the impairment was recognized; in some states, such failure is a statutory offense. Under the aegis of the AMA, county and state medical societies in all 50 states have (continued)







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### MEDICAL MENACE

*continued*

set up programs to identify and help addicted doctors. The AMA has also written a model "Sick Physicians Act" which has been passed, with variations, by more than 35 state legislatures.

Under the old laws, explains Dr. Steindler, an action against a physician "was an either-or situation: Either the doctor continued to practice medicine, or he was out. There was no in-between."

Since a doctor's livelihood was at stake, action was usually taken only when an obviously impaired physician caused actual injury to a patient. Under the new legislation, however, impaired physicians are given the opportunity to enter treatment programs, during which their practices are limited or suspended, depending on the nature and severity of their condition.

#### Kicking the habit

A complaint filed with the local medical society is the first step toward rehabilitating an addicted doctor. "The complaint can come through a number of routes—a family member, a medical staff authority, a patient or a colleague in the community," explains Dr. Landis. (The identity of the person making

the charge is kept confidential.) Sometimes the report will originate with a spouse or friend who knows that the physician is abusing drugs, but more often it's based on observed behavioral changes. "The primary things," says Landis, "are slurred speech, difficulty in getting along, personality changes, handling patients differently, unusual changes in methods of practice or hours of practice."

If the complaint seems justified to a medical society committee, the doctor is sent a letter inviting him to discuss "a matter of grave concern." The letter informs him that if he fails to appear, the case will be referred to the state licensing board. Invariably, the doctor knows why he has been summoned, and he shows up.

Typically, the physician displays predictable reactions. Usually, he denies the charge, then he turns hostile. Eventually, he may attempt to assess the problem objectively—indeed, medically—and finally agree to enter a treatment program. Most medical societies do not run such programs themselves, but maintain a file of therapists and institutions for referral. "We might take him right from that meeting to get treatment," says Dr. Landis, "physically take him. We've done that."

But the sick doctor is by no means abandoned. He undergoes a detailed monitoring program that includes reports from the psychotherapist and periodic urine analysis to test for the continuing presence of drugs. The doctor's family is encouraged to get involved in his recovery, and a particular doctor may be assigned to oversee his progress. "I have acted as a case manager," says Dr. Senay. "I saw that they were adhering to the program, and if they did that—and they usually did—we were able to underwrite them to their hospital administration." In

### Journal Shopping Center

#### DECORATING: YOUR DECORATING PROBLEMS

**PAGE 96:** Area rug from Rosecore Carpet, 979 Third Ave., N.Y. N.Y. (available through decorators). Painting by Gloria Rabinowitz at 380 Gallery, 380 Bleecker St., N.Y. N.Y. Accessories from John Rosselli Antiques, 255 E. 72nd St., N.Y. N.Y. (available through decorators). Book on desk from Folio 72, 888 Madison Ave. N.Y. N.Y.

**PAGE 97:** Sofa, #7855-60 in #5192 fabric from Jennifer House, 1014 Second Ave., N.Y. N.Y. Solid chintz-covered pillows from Conran's, 160 E. 54th St., N.Y. N.Y.

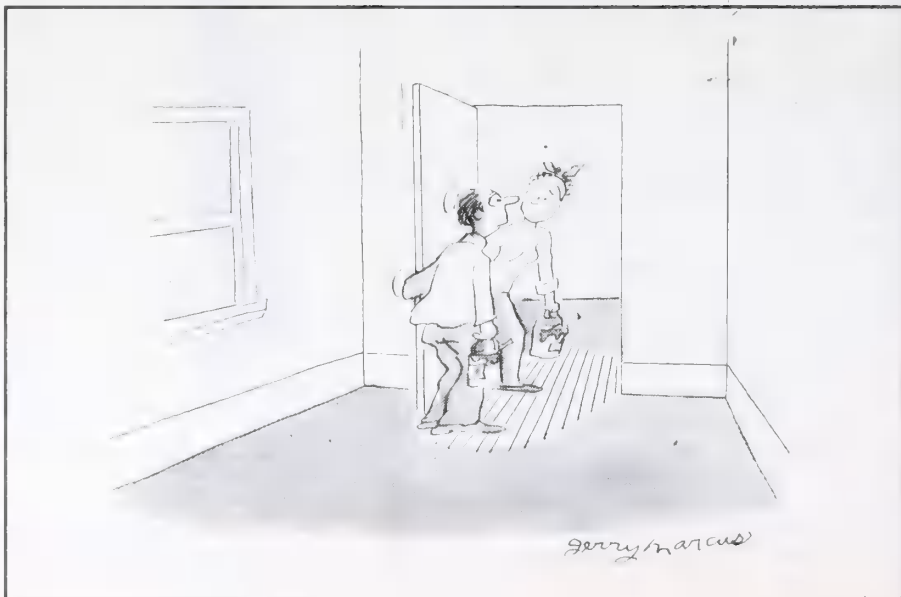
**PAGE 98:** Photographed at Schooner Cove Condominiums, Stamford, Ct. Mirror by Binswanger; vertical blinds by Levolor; modular sofa by Thayer Coggin, Inc.; cocktail table by Design Classics, Inc.; carpet by Cabin Craft; dining chairs by Wicker & Cane Furniture Co.; dining table custom-made through Gail Lewis Interiors, N.Y. N.Y. Fitz and Floyd "Coquille" salad plates and "Rondelet" peach service plates (special order) from Macy's, Herald Square, N.Y. N.Y.; "St. Tropez" champagne goblets by Colony; "Marchesa" stainless flatware by Supreme, Division of Towle/Sigma. Shells (on coffee table) by J. Kenneth Zahn & Sons; vases and papered triple chow basket next to sofa by Soavia Janis.

**PAGE 99 (bottom):** Desk accessories from The Mediterranean Shop, 867 Madison Ave., N.Y. N.Y.

most cases the rehabilitated doctor is reinstated.

A comeback, however, isn't always easy. Some hospital administrators are reluctant to hire former addicts. "When I wanted to return to the hospital," recalls Dr. Harrison, "I met tremendous resistance. The chief of surgery wanted no part of my returning to work." Even after four drug-free years, Dr. Harrison says that he's still having problems with that doctor. But he is practicing again.

Despite the difficulties of rehabilitation and reentry, more and more physicians appear to be getting help. Although no one knows the actual number of participants, the medical establishment's treatment programs seem to be working. One measure is that other professionals—lawyers, judges and dentists—have formed similar programs. But the addiction problem in other fields doesn't seem to be of the same magnitude: Other professions are not as involved in life and death situations. For that reason, doctors are being solemnly encouraged to heed the biblical admonition: "Physician, heal thyself." To some extent, at least, they seem to be succeeding. **End**





before any papers are signed. Likewise, if a parent moves in with you, both of you should allow some time before burning bridges.

Sarah and Tom agree. Several weeks after his mother's fall, they impulsively insisted she move in with them. "She's a terrific woman," relates Sarah, "and we figured we'd all get on fine. And, in fact, we were delighted to

have her with us—she was the one who went crazy. Having been widowed for twenty years, she'd become accustomed to her own lifestyle.

"At first she didn't say anything—we'd been so nice to her and she didn't want to hurt our feelings. But suddenly she began to act as though she were getting senile: She became forgetful, depressed, uninterested in doing anything or in how she looked. Finally, my twenty-year-old daughter, home from college, said, 'I don't think Grandma's getting senile. I think something's bothering her.'"

"So we sat down and talked with Mother," Sarah continues, "and it all came out. She loved us, she didn't want to hurt us, but she didn't want to live with us. She just didn't think she had any alternative—she couldn't live alone and she didn't want to go to one of those awful nursing homes."

Sarah and Tom were able to reassure his mother that they'd find a place in which she could be happy. Three months later, she moved to a residential home, two blocks from a senior center and within easy visiting distance of Tom and Sarah. "And," adds Sarah, "as soon as we got everything out in the open, all Mom's symptoms of senility disappeared. We've since heard from several doctors that such behavior is common in elderly people who have been uprooted and feel they have no options."

Margaret and her family also took in

a parent—a move that has proved positive for all of them. "I must admit we took Dad in with great trepidation," confides Margaret. "We were really apprehensive about how he'd adjust to the move East, how the kids would feel about having Grandpa in a wheelchair living with us, how much we'd have to change our lifestyle. Right from the start we all agreed—including Dad—that if it didn't work we'd try something else.

"But it's worked out fabulously," she continues, her eyes shining. "First of all, the kids adore my father. He's full of stories about the old days, he's a whiz at math and science and helps them with their homework—sometimes I think he does it for them—and they love pushing him in the wheelchair; in fact, they compete with each other to take him out for walks. My twelve-year-old son rushes home from school every day because he wants to be alone with Grandpa before his brother gets there.

"I don't mean to imply that our family hasn't had to make some changes," Margaret hastens to point out, "or that everything is always sweetness and light. We've certainly had our irritations. But," she smiles and shakes her head in wonder, "when the three generations sit down to dinner each night and I listen to the exchange of ideas and see how we're all learning from each other, I can't help thinking how very lucky we are."

**End**

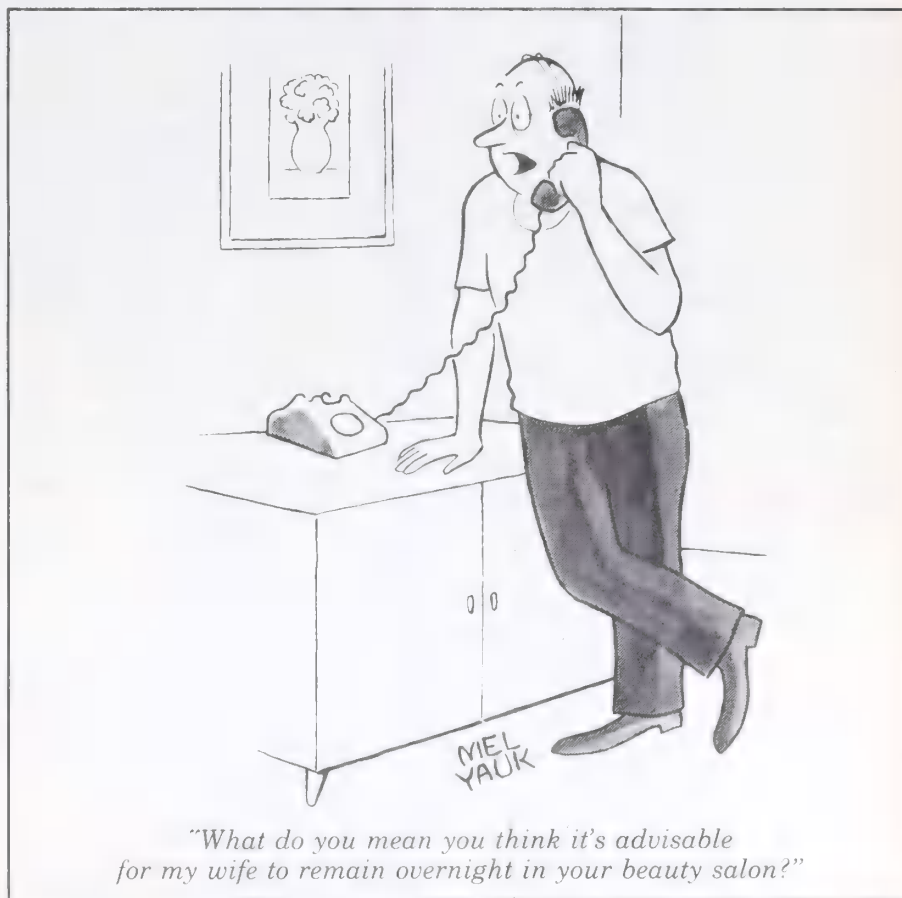
## Choosing the Right Nursing Home

• After you've determined the level of care necessary, list the appropriate homes in your area. (For help in compiling your list, see the organizations in the box, page 30). Now you're ready to make appointments to visit.

Try to see the homes at various times of the day; make sure you get a complete tour and that all of your questions are satisfactorily answered. Don't be shy about calling back if you forgot to ask something during the tour. You'll want to feel that your choice is based on as much information as possible.

Here are some suggested questions and some things to look for:

- Are the home and its administrator licensed? Ask to see the licenses.
- At an SNF, find out the number of nurses on duty per shift. Medicare requires one RN per day, but first-rate homes usually have more.
- Is the place well-lighted? Bright? Safe? Does it smell clean? Are there grab-bars in the bathrooms and handrails in halls?
- Are the other residents up and about or languishing in bed? Is there a feeling of warmth and life to the place?
- Are the staff friendly and kind or too preoccupied to give residents much attention?
- Ask to see the kitchen. Is it clean? If possible, eat a meal with the residents.
- Is there an array of activities that gives meaning to each day?
- Do volunteers come in frequently? Lots of volunteers is a sign of a good nursing home.
- Is a receipt given for cash assets entrusted to the home? Are withdrawals also noted by signed receipts?
- Is the contract clear? If not, ask for clarification from the administrator or from your own lawyer.
- Will your parent receive a refund of advance payments if he or she leaves the home?
- Are the date of admission and the degree of care to be furnished specified in writing?



*"What do you mean you think it's advisable for my wife to remain overnight in your beauty salon?"*



# NEXT MONTH IN LADIES' HOME Journal

## Great Cooks, Great Cakes

We've asked Julia Child, James Beard, Craig Claiborne and others to share their most fabulous recipes.

## Women vs. Women

A surprising report on the new cold war between housewives and working women (is sisterhood over?).

## Warm, witty & wise: Justice Sandra Day O'Connor

LHJ's exclusive interview with this year's most admired woman.

## Special Spring Shape-Up

You won't want to miss these terrific body toners from Suzy Prudden, Miss Craig and other pros.

## "Deceptions"

Curl up with a delicious novel of romantic intrigue.

## "Too Tired" for Sex?

Stop yawning and read our insightful report on a dilemma many couples share.

# Dear Journal

## Special Children

I was deeply moved by your feature on Rachel and Carl Rossow and their "special children" in your December issue. As a tribute to their generosity and good will, I would like to send them homemade baked goods. Could you please give me their address?

Also, my thanks to the staff of the *Journal* for sharing the Rossows' story, and for reminding us that Christmas is really in the heart.—S. Flynn, Utica, N.Y.

**Ed. note:** We are very gratified that our story of the Rossows touched you personally and that you wish to send them a gift. Many readers, in fact, have written to request the Rossows' address so that they, too, could make a contribution of some kind to this worthy family. While we are not at liberty to give out their address, contributions can be sent in care of Li Dwork, 641 Lexington Ave., New York, N.Y. 10022.

## Tipping Tips

Prices are already skyrocketing, and if I'm to follow the advice offered in Sylvia Porter's December money column, "Tips on Tipping," I'm never going to stop paying through the nose. I will go along with the suggestion on cab drivers' tips, but up to 50¢ to use a ladies' room? Ridiculous!—Mrs. Ellis Shorb, Asheville, N.C.

**Ed. note:** We sympathize with your complaint, but must point out that we did not intend to imply that such tipping practices are mandatory—merely that they are the current accepted norms. Do remember, however, that many workers, such as waitresses and deliverymen, depend on your tips as a major source of their income.

## You Saved My Life

After reading "Doctor, Is It Serious?" in your September issue, I began to notice several of the symptoms that Dr. Leppert cautioned could be possible grounds for concern. I debated, but after a few days made an appointment to see my physician.

A thorough examination confirmed that there *was* something terribly wrong: A massive tumor

on my uterus and several smaller ones on my ovary were detected. A hysterectomy was called for and surgery was quickly arranged. I am now at home recovering rapidly.

If your magazine hadn't asked the question, I wonder how long it would have taken me to go to a doctor for help. Thank you LHJ! Yes, it was serious.—Nancy Hendrickson, Ocala, Fla.

**Ed. note:** We take much satisfaction in the fact that our warning inspired you to seek medical help. We would also like to remind all our readers that whether or not suspicious symptoms exist, a yearly checkup is imperative.

## White House Christmas

Your December issue's feature on Christmas with the Reagans was a real treat. It's so refreshing to see grace, elegance and beauty restored to the home and family that stand for this country of ours. Thanks for letting us get a peek.—M. Taylor, Peoria, Ill.

In these days of rampant inflation, high unemployment and cutbacks in social services, why do you see fit to show us the opulence in which the Reagans celebrate their Christmas? I think you could use the time and space in your magazine in a more valuable way that would be more meaningful to people struggling to survive in these tough times.—S. Collins, Denver, Colo.

## Christmas Wishes

Just finished reading "Kiss and Tell" in your December issue. You can let Cheryl Tiegs have Rhett Butler, but please inform Brooke Shields that I have had my order in with Santa Claus for Sean Connery under the misletoe since I was 13. I am now 29. If Santa is fair, I'd better be the one Sean smooches! My fiancé says this would be okay—he knows I've been wishing this for a very long time.—Janet Deaver Brown, Columbus, S.C.

Please address letters to Li Dwork, *Ladies' Home Journal*, 641 Lexington Ave., N.Y., N.Y. 10022. We regret that we cannot reply to every letter.





*Virginia Slims remembers when  
a woman's crowning glory weighed  
20 pounds, contained 14 yards of lace,  
10 yards of ribbon, 4 yards of velvet,  
7 yards of silk, a bunch of fruit,  
several large plumes and a nest  
of small birds,*

**VIRGINIA  
SLIMS**



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Warning: The Surgeon General Has Determined  
That Cigarette Smoking Is Dangerous to Your Health.

Regular: 8 mg "tar," 0.6 mg nicotine—Menthol: 9 mg "tar,"  
0.7 mg nicotine av. per cigarette, FTC Report Mar. '81

Fashions: Samuel Roberts



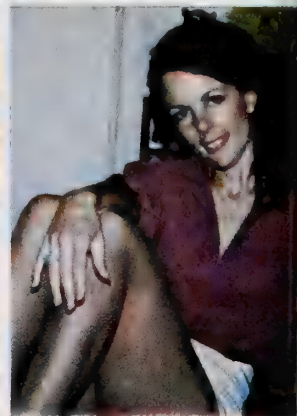
# If diets haven't helped you lose



Kathryn Fikes, Cortez, CO  
Weight loss: 75 lbs; 27 weeks



Debbie Perotti, Miami Beach, FL  
Weight loss: 85 lbs; 28 weeks



Patty Cunningham, Columbus, OH  
Weight loss: 60 lbs; 20 weeks



Kathy Howell, Albany, MO  
Weight loss: 60 lbs; 24 weeks



Terrence Hunt, New Windsor, IL  
Weight loss: 135 lbs; 36 weeks



Linda Jayroe, Sterling, IL  
Weight loss: 70 lbs; 23 weeks



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Like the slimmer, happier people shown above, you too can lose weight with Extra Strength Dexatrim.<sup>®</sup>



# weight, do what these people did.



Rosemarie Garetta, Brooklyn, NY  
Weight loss: 122 lbs; 78 weeks



Vicki Rogers, Ronan, MT  
Weight loss: 105 lbs; 32 weeks



Sandie Woller, Pound, WI  
Weight loss: 41 lbs; 10 weeks



Mark Scoles, Midwest City, OK  
Weight loss: 70 lbs; 22 weeks



Dianne Hogan, Springville, NY  
Weight loss: 60 lbs; 18 weeks



Stephanie Lovings, Dayton, OH  
Weight loss: 85 lbs; 44 weeks

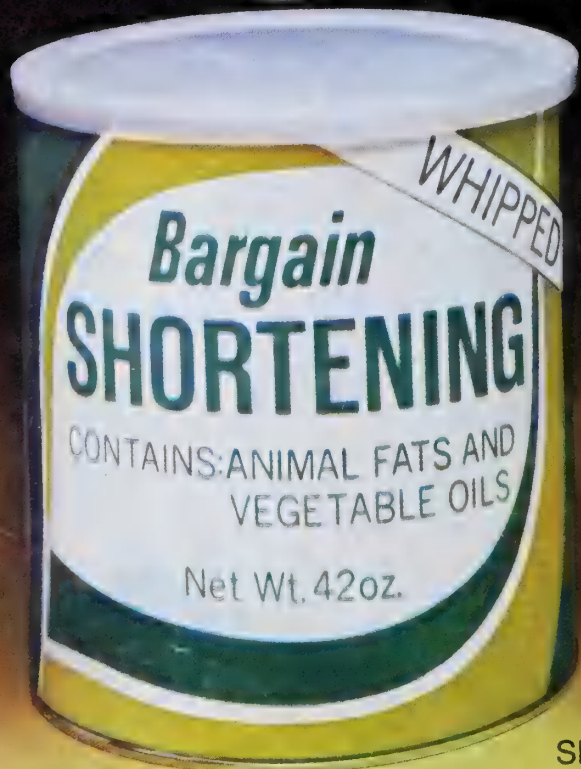
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o help you  
se weight.



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and Extra Strength Caffeine Free.



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**42<sup>oz.</sup>**



SAME  
SIZE CANS

**48<sup>oz.</sup>**

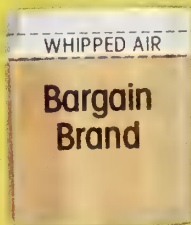
**When you buy a whipped bargain brand instead of Crisco, you get more air...and less of a bargain than you may think.**

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**6oz.  
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When they are both melted down and the extra air removed, the bargain brand comes up 6 ounces short.

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April 1982

**Barbra Streisand at 40**

**Taking the gamble of her life**

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# Journal

**JULIA CHILD**  
**JAMES BEARD**  
**MICRAIG CLAIBORNE**

**Favorite cake recipes of  
America's greatest cooks**

**East-to-west conflict**

**The new cold war  
between housewives  
and working women**

**If you think you're  
"too tired" for sex,  
see page 54  
(It'll wake you up!)**

**BEAUTY ADVICE**  
**from TV's superwomen**

**"Nobody  
likes me!"  
HOW TO HELP  
YOUR CHILD  
MAKE FRIENDS**

**Funny, witty & wise—  
Exclusive interview with  
JUSTICE SANDRA DAY O'CONNOR**

**"DECEPTIONS"**  
**Delicious novel  
of romantic  
intrigue**

**2-page health and fitness section**

## **SPRING SHAPE-UP!**

**Terrific exercises to firm your fanny, flatten your stomach**  
**Stress beaters that calm you down, cheer you up**  
**The new nutrition—important guide for the whole family**

**SPECIAL REPORT: Re-living the joy of your wedding day**

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APR 23 1982 ✓

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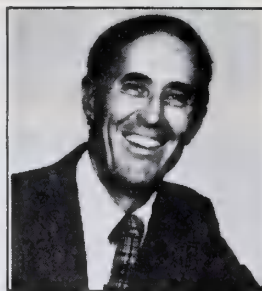
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# EDITOR'S JOURNAL

By Myrna Blyth



Judy Klemesrud



Dr. Keith Sehnert



Nancy Rubin

**P**art of what a magazine must do is spot and report on trends that their readers should know about. This month we have two trend-spotting articles that will certainly interest you. "Women vs. Women," about the new cold war between housewives and working women, is adapted from a book by Nancy Rubin. In order to report on women today, Nancy spent months going from town to town across the country to conduct her interviews. Women told her frankly how they felt about their lives, themselves—and one another.

Nancy, who is married, has two children and lives in New York's Westchester County, says: "Probably the single most important social change in the twentieth century has been in the role of women. I believe the shock waves of this transition have affected every American woman today, whatever her chosen lifestyle." Her report on page 94 is fascinating, disturbing and, we believe, important as a record of our times.

Judy Klemesrud, who originally came from Thompson, Iowa, writes for *The New York Times* and has worked for that newspaper for fifteen years. Recently, we sent Judy back home to Iowa for a feature on a surprising new development in marriage. The story she came back with made me feel good—and I think it will gladden you in the same way. At a time when we hear so much bad news about relationships, it's wonderful to find out there is a joyful way couples can renew their marriages and express their commitment to each other. (See page 67.)

A concern about good health isn't a new story anymore; for most of us staying healthy is an abiding interest. But do we turn that concern into the right kind of habits? I know from experience that we don't. That's why we have a special shape-up section this month that includes highly effective exercises for those "problem" areas by four top women professionals. We also have an extra eight-page section of health advice by Dr. Keith Sehnert. Dr. Sehnert, who lives in Minneapolis, believes you should be a well-informed health consumer and, whenever possible, take care of yourself. We think you will agree after reading this informative feature.

Now aren't you glad it's finally spring after this long cold winter?

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LADIES' HOME

NEVER UNDERESTIMATE THE POWER OF A WOMAN.

# Journal

Incorporating Needle & Craft

APRIL 1982

VOL. XCIX NO. 4

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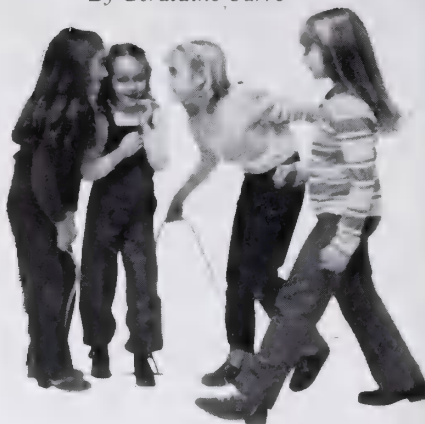
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(continued)



What your hairdresser does in the salon, Ogilvie does at home with...

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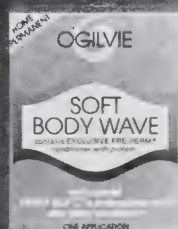
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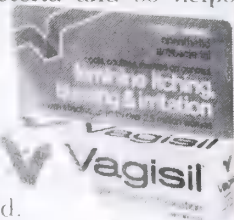




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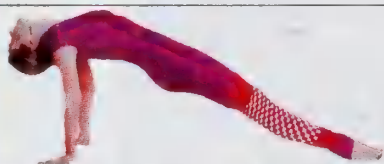
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By Sue B. Huffman  
Tasty, satisfying meals you cook all in one pan.

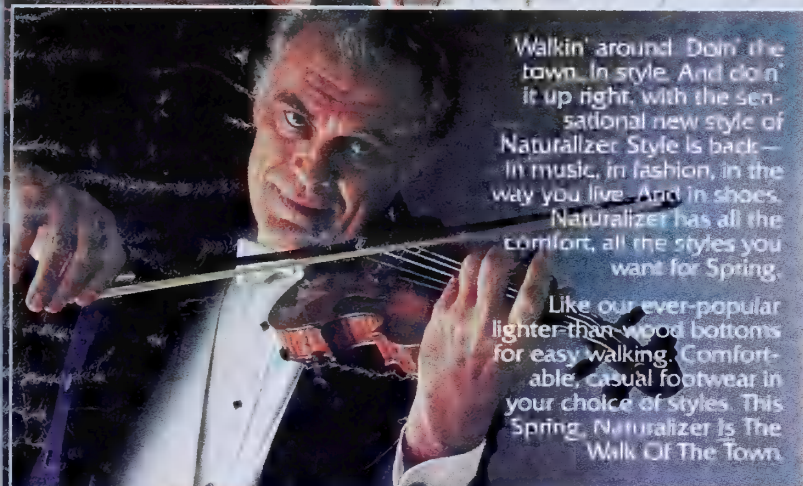
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**129 RECIPE INDEX**




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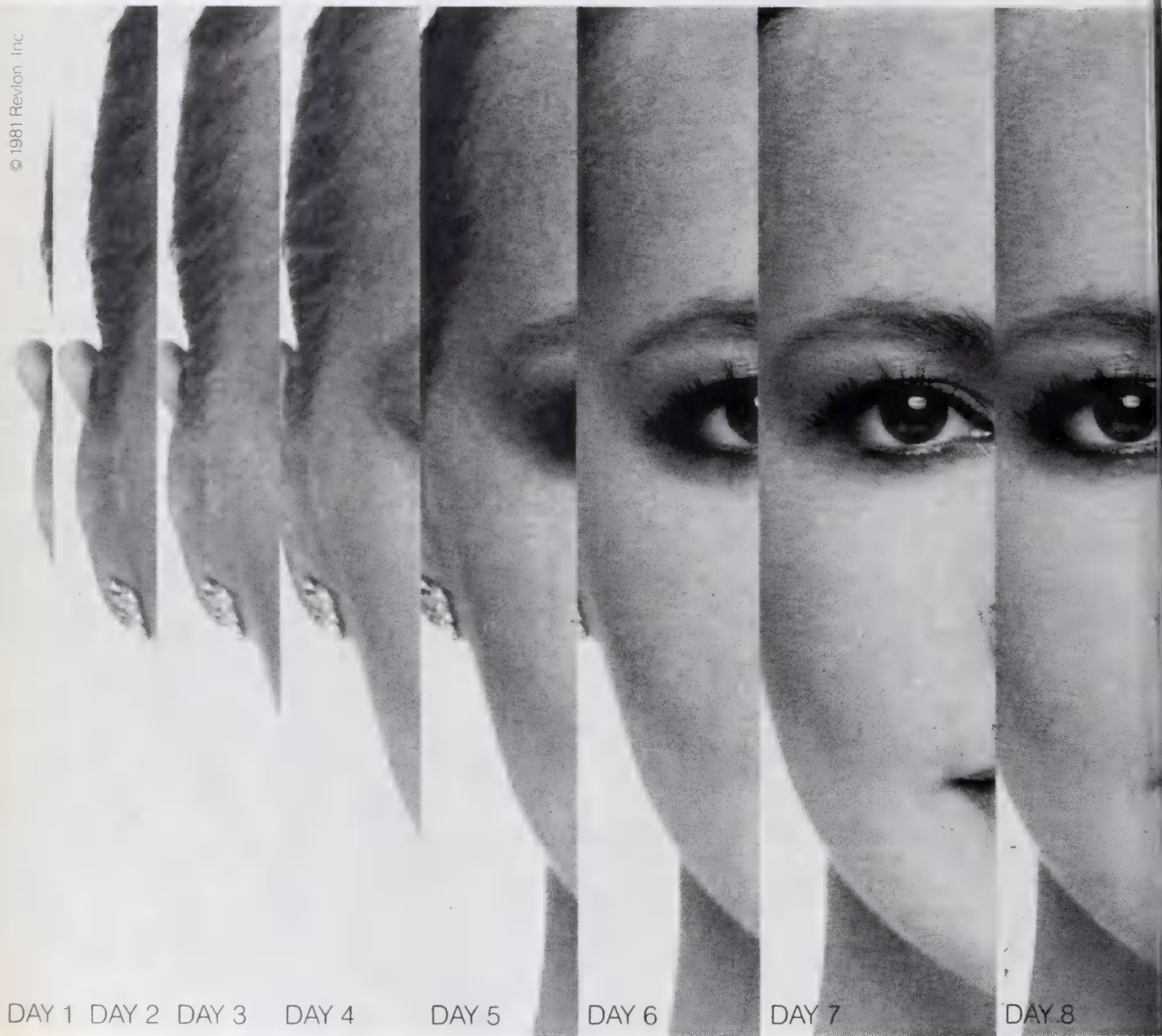
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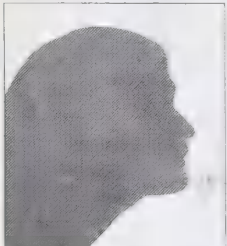


## "My husband's past still haunts us"

*For Millie, the Vietnam War ended years ago, but Ted relives it every day. Can one partner's emotional scars ruin a relationship forever?*

**T**his case is based on information from the files of Family Services of King County, Washington, an agency funded by United Way and which is a member of the Family Services Association of America. The true story reported here is from counselors' reports of interviews. Names and other details have been changed to conceal identities. The counselor in this case was Susan Prescott, M.S.W., A.C.S.W.

### MILLIE'S TURN



"I'm terrified my husband's going to kill himself," began Millie, 31, a soft-spoken blonde with wide, beseeching eyes. "Yes-

terday, he said flatly he was going to die young. When I asked him why he felt that way, he said, 'I'm so depressed.'

"Materially, we're better off now than ever before in our seven-year marriage. We've got a nice house, a healthy child and an adequate income. Ted's also getting a college degree with the help of the GI Bill, so the future should seem promising to him, not hopeless.

"Ted's a Vietnam veteran, and I read recently that deep depression might be an aftereffect of Agent Orange, a chemical defoliant used in the war. I thought maybe that caused Ted's problems, but he said no, he'd never been exposed to it. I guess he's just unhappy being married to me. He always acts so callous and uncaring.

"Ted's also not functioning normally. On the weekends, he'll sit staring at the wall, not speaking

for hours. If I make some innocuous suggestion, like 'Please come to dinner,' he flies off the handle and says he won't be ordered around. Yet during the week, he drives himself to exhaustion with twenty-one-hour days. In addition to attending college full-time, Ted, who is very talented musically, makes good money at night playing guitar with a well-regarded rock band. However, he often doesn't get home until four A.M., and his morning classes start at eight-thirty.

"Some nights, he can't sleep. I feel him thrashing around the bed, soaked in sweat, or else moaning and even crying out.

"When I first met Ted, he seemed to be a normal, happy guy. I'd dropped out of college and was staying with some girlfriends in Seattle, working as a file clerk. Ted was a handsome young lieutenant, just back from Southeast Asia, who had his arm in a cast.

"I've never been a political person and didn't have any strong feelings about Vietnam, but he was still gung ho about the war, proud of his platoon and proud, too, that none of his men had been killed while he was their leader. Now, he rarely mentions the war—and that's okay with me because I gather it was pretty gruesome.

"Anyway, we hit it off right away that first night we met. Ted told me later he was on drugs at the time, but I never even suspected. He made perfect sense to me. In fact, he came over to my apartment the next night and the next. Although I wasn't a virgin, I was naive about birth control. Within six weeks of falling in love with Ted, I was pregnant.

"When I told him, he was aghast and suggested an abortion. But

that was totally against my principles. I felt so mixed up: I wanted the baby, but Ted wasn't proposing marriage, and without a college degree or well-paying job, I couldn't afford to be a single parent. And I couldn't go home to Minnesota to have the baby. My parents would have been shocked out of their senses to have an unmarried pregnant daughter on their hands. So I felt I had only one option. I made arrangements with an adoption agency to give up the baby as soon as it was born.

"During my pregnancy I continued to work in Seattle, but Ted visited me only three times. That really hurt my feelings. He explained that seeing me in that condition was too painful for him. In the end, though, he did pay for my medical expenses, and he came to the hospital.

"I gave birth to a boy—a beautiful, healthy child with long slender fingers like Ted's. I didn't dare hold him in my arms because I felt he wasn't mine. I hoped some other woman would be a good mother to him. Then I tried to put him out of my mind. Sometimes, though, I wish I could see him just once, from afar.

"If Ted had stayed out of my life, everything would have been fine. But he began turning up again, and I found I was still crazy about him. 'Someday I'm going to marry you,' he told me solemnly one night. I was thrilled. There just is something about Ted that is special to me. As soon as he finished his stint with the army and found a job with a traveling rock band, I insisted we get married.

"Within a couple of months, I was pregnant again. This time, Ted seemed excited about being a father. He made me (continued)



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### Spicy Rice

½ cup each chopped celery  
and onions

1 tablespoon butter or margarine

⅓ teaspoon each ground

allspice and cinnamon

Salt and black pepper

1 tablespoon brown sugar

3 cups cooked rice

½ cup raisins, plumped

1 tart cooking apple, cored  
and chopped

½ cup sliced almonds,  
toasted

In a large skillet cook celery and onions in butter until tender crisp. Stir in seasonings, rice and raisins. Heat thoroughly. Stir in apple; remove from heat. Cover and let stand 5 minutes. Sprinkle with almonds. Makes 6 servings.

Serve rice soon. You'll see that things go together better when you go with the grain.



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## THIS MARRIAGE *continued*

quit my job and follow him around the country. When Becky was born, however, our traveling life became difficult. So we bought a three-bedroom house, and I stayed home with her. Although Ted travels quite a bit, I've never worried about him getting involved in drugs or hard liquor or with other women. Since our marriage, I feel he's been a straight arrow.

"But whenever my husband joined a new band, strife broke out. Ted can't stand taking orders. He also began complaining that he wasn't enjoying guitar playing anymore. Recently he decided to go to college. At first, he majored in music and got straight A's. Then he switched to business administration, which he thought would be more practical. But he hates it and is only getting C's.

"About six months ago, Ted announced out of the blue that he was leaving. Our marriage was over, he said, but he wouldn't explain why. Dreading the idea of being alone, I took Becky to Minnesota with me, but after a month of my parents I came back to Seattle. Ted met us at the airport and that night made love to me. He never did move out.

"But Ted's crazy behavior and bursts of anger have affected our lovemaking. He never gives me an affectionate word or hug during the day, so I end up feeling like a sex object in bed. As a result, our sex life has shrunk to maybe once a month.

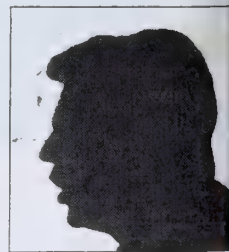
"My husband seems totally confused. He's the one who suggested we get help, so I know he must be desperate. I don't know what's wrong, but whatever it is, I'm afraid it might drive him to suicide."

### TED'S TURN

"My wife does not understand the hell I've been going through the last few years," said Ted, a skinny six-footer with red hair. "She doesn't realize it, but the Vietnam War is still haunting me.

"Millie's a highly practical, down-to-earth person. When I talk to her about my experiences in Vietnam, which is rarely, she'll say, 'That's in the past. Stop torturing yourself. Forget it.'

"Well, I try to block out those years, but I can't. During the day, I have flashbacks of mutilated flesh. On the freeway, I keep anticipating head-on collisions and seeing in vivid color all the blood and mangled bodies. I can't read about a plane crash (continued)





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without visualizing those I saw during the war. In bed, I have nightmares.

"I grew up listening to my father's tales about World War II and how he was welcomed home with brass bands and cheering crowds. So I couldn't wait to serve my country, and I enlisted right out of high school. My dad was really proud of me. He told me to tackle everything with a positive, open attitude, which I did. In fact, I learned so fast I was chosen for officers' candidate school.

"In 1967, I was a twenty-year-old lieutenant with my own platoon in the main Vietcong stronghold in the jungle north of Saigon. Our mission was to search and destroy.

"But we learned very soon that we had no chance of winning the war. Within a short time, our only goal became survival. I grew so aware of my surroundings, every quivering bamboo leaf or tiny sound, that I was 'hyper' all the time. I'm still super tense and alert. If a truck backfires, I instinctively duck to the ground.

"But it didn't matter how careful I was; I was still wounded. I was advancing on my hands and knees toward a bamboo thicket when a hail of bullets lifted me into the air. I thought my whole arm had been blown off. The pain was unbelievable.

"I lay on the ground for quite a while before a medic got to me. Within hours, I was loaded on a cargo plane with dozens of other wounded men and flown back to a military hospital in California. Three operations were needed to patch my elbow together, and I still suffer a lot of pain.

"When I finally got convalescent leave, I couldn't believe what I saw and heard. I came back to miniskirts, protesters and hippies. Most people didn't even care about Vietnam. I felt like a member of a different species.

"Then one day, I met a soldier from my battalion who told me my whole platoon had been wiped out. After that news, I was in emotional ruins. My job had been to take care of my men, and I had failed. To dull the pain, I started drinking too much and getting high on mescaline.

"Millie didn't know about my binges because I was careful not to be high or drunk when I saw her. I could act like the upstanding young man who was proud to have fought for his country.

"When Millie told me she was pregnant, I thought, 'Oh, my God, not that on top of everything else.' I knew I was a mess and any child would be better off without such a father. Yet when I saw my son at the hospital, I almost gave in. Millie was the practical one, as usual. But even now, every time I

see a little boy with red hair, my gut ties into knots.

"Shortly after his birth, I swore off booze and drugs and got a job with a traveling rock band. Although I was only twenty-two, I felt like an old, old man. Millie and I got married, and soon Becky was born. They traveled with me for a while, but it was horrible. My relationship with Millie was better when I could be away for a few weeks at a time. If I ever thought of leaving my wife permanently, however, I found I couldn't desert Becky.

"But I don't know how good a father I can be to her. Lately, everything—even my music—has been going downhill. Ever since I was a kid, I've been hooked on the guitar, but recently I haven't gotten any joy out of it.

"A year ago, I enrolled in college because I thought studying would help me find a goal in life and occupy my mind. Well, it hasn't worked. I've lost all interest in sex, my family—and even living. I'm ashamed to say it, but I wish I were dead."

### THE COUNSELOR'S TURN

"Ted and Millie were extremely naïve about their emotions," said the counselor. "Millie was mute and accepting, while Ted was so enveloped in a negative cloud he couldn't express his feelings to her.

"Thousands of Vietnam veterans, like Ted, are suffering delayed-stress reactions. The most common symptoms, which may occur months or even years after the war, include flashbacks, nightmares, uncontrollable anger, paranoia, anxiety and depression.

"Most troubled veterans benefit from rap groups with other veterans, but Ted preferred individual therapy with me as well as some joint marital counseling. I worked with this couple, on and off, for three years. During that time, Ted's depression slowly lifted.

"Ted felt he'd been 'used' by his country. As a consequence, he resisted all authority, and this contrariness affected his work and his marriage. He also suffered a measure of 'survivor's guilt' for having outlived his platoon. Emotionally numb from his war experiences, he felt detached and was unable to enjoy the activities that had once given him pleasure.

"Ted was eager to tell me about Vietnam. After he had talked about his war experiences for many sessions—the first time he had confided the whole picture to anyone—he seemed less pessimistic. To help Ted develop a positive attitude, I asked him to list three goals he wanted to achieve. He chose: 'I can be happy,' 'I can live to be eighty' and 'I can grow and change.' He wrote these affirmations on a card and placed it on his dashboard as a daily reminder.

Still, Ted continued to run himself down sometimes, saying 'I'm a failure' or 'I have no ambition.' When he did this, I'd ask him to describe his behavior. He began to see that during the war all his energy and strength had been focused on being a good leader and staying alive. After the war, he felt drained of all creativity and vitality.

"Recently, he'd been sapping his energies again by overtaxing his body and not getting sufficient rest. Most importantly, he was blocking out his emotions. When something bothers him now, he'll think about it and discuss it with me and Millie, and this, too, improves his energy.

"Ted and Millie have finally been able to talk about their lost son. Both feel a great deal of pain about their decision to give him up for adoption, so they've agreed to try to find him, once the boy is older. There are agencies to facilitate such searches, providing the adopted child wants to meet his natural parents.

"As Ted's burdens began to lift, his love for music was rekindled. He began playing the guitar better than ever, but he recognized that his chances of becoming rich and famous through his music were slim. So, after earning his degree, he took a job as a management trainee.

"For her part, Millie had been overwhelmed by Ted's problems and devastated by his indifference and sudden anger. After one of his outbursts, she would feel disapproval and withdraw into silence. Her depression and loneliness coexisted with Ted's.

"While in therapy she developed her own identity more fully. With Ted gone most of the time and her only child in nursery school, she felt her life was empty, so she went back to college to study early childhood education. She found her classes stimulating but decided she was a homemaker at heart and would seek part-time work, not a full-time career.

"In making these decisions, Millie developed a more positive self-esteem. She learned to understand her feelings and better fulfill her needs. She did this primarily on her own. Ted was unable to give her support because of his own problems.

"As Ted became more communicative with Millie, she responded, and they became closer. When she had a better idea of the turmoil he had endured, she saw him as more human—in need of her help and understanding.

"With time, their sex life improved. Eventually, Millie became pregnant and recently gave birth to a healthy, red-headed boy. Ted now feels he's been given a second chance to be the kind of lover, husband and father he's always wanted to be." **End**



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**P**lagued by fears that her time is running out, the singer seems to be driving herself harder now than ever before. A perfectionist at home and on the movie set, Streisand is risking everything on a film that some call "Barbra's Folly." By Sally Ogle Davis



# Streisand at 40

## Taking the gamble of her life

In the history of women and Hollywood, they don't come any more successful than Barbra Streisand. Celebrating her fortieth birthday this month, the once gawky star-struck kid from Brooklyn would seem to have it all—a huge talent, an unprecedented career as an actress/singer, more wealth and success than even she

could have imagined. Barbra Streisand musicals are to Hollywood as blue chips are to Wall Street. They just don't fail. Even if the critics are not always ecstatic, Streisand's soundtrack albums sell in the millions. As a studio executive once remarked, "All you have to do is point a camera at her singing and you can make a fortune."

Yet at a time when she might be expected to be basking in the success she has so long planned and struggled for, Barbra, at age 40, is working just as furiously and is every bit as driven and compulsive as she was at 25. Even more so, because there is a greater sense of urgency about her—a feeling of time running out, of (continued)



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things still to accomplish and too little time to do them in.

For some women, the fortieth birthday is a trauma, a time of unhappiness and stress; for Barbra it has brought relief—the truth is, it is an age she half expected never to reach.

Since childhood she's been obsessed with the idea that she will die young. Explains a friend: "Her father died at thirty-seven, and she's always been afraid it would happen to her."

At this stage in her life, being one of the most successful entertainers of all time no longer seems enough for Barbra. Now all of her energies are directed at leaving her mark on the world by producing a work that will bring her lasting artistic as well as popular recognition. "She wants to do something that will put her up there among the immortals," explains her friend. "She wants to do great work, to be recognized as a great artist."

Always her own severest critic, she judges herself and her work by only the highest standards. She worries about not having had a college education and is concerned about how she measures up to those she considers more intellectual than herself.

Novelist John Gregory Dunne, who with his author-wife, Joan Didion, wrote the original screenplay for *A Star Is Born*, recalls a dinner at his home when Barbra was a guest.

"She suddenly turned to me," he recalls, "and asked, 'John, what do you think of me?' I thought I hadn't heard her correctly, so she said it again. 'No, what do you really think of me?' I laughed and said, 'Barbra, I've been married sixteen years and Joan has never asked me a question like that.' But I think she genuinely cared."

To gain the kind of recognition she wants, Barbra has chosen a work worlds away from the films that have brought her success. Normally you'd expect Streisand to do a furiously paced musical that takes advantage of her Brooklyn spunk and million-dollar voice—a proven formula that would have studio heads lining up to become involved in the project.

Instead, she's taking the biggest gamble of her career to play a girl in nineteenth-century Poland. The film, *Yentl*, is an adaptation of a story by Nobel Prize-winning author Isaac Bashevis Singer, who writes only in Yiddish. An unlikely tale for the big-screen treatment, it is the story of a young Jewish girl who wants to attend a religious seminary to study Torah (the Jewish scriptures). Barred from doing so because she is a girl, she poses as a man, which causes her eventually to marry another woman.

The plot deals with a world long gone, a world which Hollywood believes is of little interest to the average moviegoer. Industry insiders have been bemoaning the twenty-million-dollar project as if it were doomed before it started. So embattled has *Yentl* become that in some filmtown circles, the picture has become known as "Barbra's Folly."

In fact, when Streisand arrived in Czechoslovakia last month to begin pre-production work on the film, it marked the culmination of a fourteen-year struggle by the actress-singer to get the picture off the ground. Several major studios had turned it down flat, including Orion Pictures, the company originally expected to make it. United Artists finally was the studio to make the commitment.

However the film turns out, it will show us a new Streisand. Explains Marilyn Bergman, Streisand's closest friend and half of the Oscar-winning Marilyn and Alan Bergman lyricist team ("The Way We Were"): "Barbra has lots of artistic and creative muscles that she should exercise and this is one piece she can do it with. She feels so passionately connected to it."

Why is *Yentl* so important to Barbra now? Why has she decided to risk her reputation, her clout and even some of her own money to produce this movie?

Friends say that her fear of premature death—and her desire to leave an important mark—have been aggravated, especially in recent years, by assassinations and threats to the lives of prominent figures in show business and politics. A friend who was with her the day John Lennon was killed recalls, "I've never seen her in such a state. She felt enormously vulnerable."

#### A sense of danger

But this sense of danger pre-dates the Lennon murder. When, several years ago, she did her famous open-air concert in New York's Central Park, she admitted, "I jumped around a lot so that nobody could get a clear shot at me." When she ventures out in public, it is often with friends and bodyguards forming a phalanx around her.

Before Streisand left for Europe, she was spending more and more time at the three houses she owns—behind high walls, electric fences and an armed guard on duty at all times. She loves her homes (one is decorated in perfect art-deco style, another in art nouveau and a third, a California ranch), and in them, she can hide comfortably from the world.

Not long ago, she redid her entire household in lavender and began to wear clothes in only that color. Streisand believed the color had special spiritual significance, and for a while

everything had to be lavender. She recorded an album called "Wet," and on the cover even her sunglasses were lavender tinted. She believed the color was a protection against death.

The superstar is also preoccupied with her health. She battles her weight constantly. When Barbra dines out in an expensive restaurant, she carefully draws a line down the center of her plate and eats the food on only one side of it. Caterers who cook for her are lectured endlessly on nutrition and health. But they say she's inconsistent and will eat five desserts at a sitting or order a meal with enough cholesterol to clog a horse's arteries.

One woman who cooked a dinner for her on a special occasion says Barbra gave her a list of foods to be included. "It was thoroughly unbalanced," she says. "All heavy stuff. Nevertheless, I cooked it exactly as she ordered. After dinner Barbra came into the kitchen."

"What do you mean by cooking that?" she yelled at me. "Food like that could give you a heart attack!"

When Streisand does put on extra poundage, she shows up at Bodies by Gilda, a Los Angeles shape-up salon. Recently she's been showing signs of a little middle-age spread. But that is her usual pattern between projects and there's no doubt that any excess weight will disappear before she steps in front of the camera as *Yentl*.

In spite of all her fears and eccentricities, in some ways Barbra appears more stable emotionally than when she was younger. Her unlikely relationship with Jon Peters has lasted longer than many thought possible and now seems to be on a more even keel. For a while Barbra, though incredibly strong-minded herself, was bending to Peters' will. In fact, in the early days of their relationship, the singer occasionally sounded like a Hollywood version of "a total woman." "I actually enjoy being subjugated by him," Streisand said of Peters. "It's important to a man's ego. I get all the ego nourishment I need from him."

#### Constant battles

But "subjugation" was hardly a natural state for Barbra and led to constant battles between them. At that time, Peters was very much involved in Streisand's career, but later he began working with his own production company, Polygram Pictures—with mixed success. He and his partner were responsible for clinkers like *Endless Love* and *King of the Mountain*. But their last effort, *Missing*, starring Jack Lemmon and Sissy Spacek, which was released in February, is considered by many insiders to be brilliant.

Although Peters recently left the company, he is unlikely to go back to holding

(continued on page 115)



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It's Easter-time and Oscar-time and a good time to check your medicine chest and brush up on your science savvy.

## Oscar's Top Losers

April is the cruelest month . . . if you're nominated for an Academy Award and you don't win. But how important is winning? And who are the real winners—the pictures that get the Oscars or the losers we've come to love and enjoy again and again? The prizes are a mockery. How can disparate pictures be compared? You wouldn't dream of taking one painting each by Picasso, Degas, El Greco, Jackson Pollack and Rembrandt, lining them up along the wall and saying, "The envelope, please!" Yet the movies



that are thrown into Hollywood's competitive cauldron are as different from each other as are those artists' paintings. America has an obsession with #1, as if all others are losers, in the word's most pejorative sense. But have you any idea how many movies that we've loved lost the "Best Picture" award?

Let me count the nays. The classic Fred Astaire-Ginger Rogers musical, *Top Hat*, was tapped out. Charles Laughton's *Private Life of Henry VIII* went uncrowned. And *Captains Courageous*? Sunk. The original, legendary *A Star Is Born*? Comet-tose. *The Wizard of Oz*? Under the rainbow. *Ninotchka*, Greta Garbo's famous fling? Nyet. *Wuthering Heights*? Nada. The Oscar eluded *Grand Illusion*, one of history's artistic triumphs. *Grapes of Wrath* withered on Hollywood's vine. The *Maltese Falcon* got the bird. The towering *Citizen Kane*? An empty envelope. Other losers: *The Ox Bow Incident*, Olivier's *Henry V*, *Sunset Boulevard*, *A Streetcar Named Desire*, *The Philadelphia Story*, *Treasure of the Sierra Madre*, *Bonnie and Clyde*, *To Kill a Mockingbird*, *The Graduate*, *Butch Cassidy and the Sundance Kid*, *Cabaret*, *Twelve Angry Men*—not a "Best Picture" among them.

Movie competition for the Oscar statuette is ridiculous. What Hollywood really needs is a statuette of limitations.—GENE SHALIT

## Fools Rush In

**Y**ou can fritter away April Fools' Day by playing silly pranks, but for the tastiest trick of all—serve your family a real Fool. If you're a wee bit hazy on culinary lore, a fool is a sweet English dessert, mixing equal parts of thick fruit purée and whipped cream (or sometimes custard). Why a "fool"? The word was once synonymous with the word "trifle" (also a yummy dessert), meaning something of little importance. Obviously the cooks of yore decided that fruit blended with cream wasn't terribly difficult—rather, a mere trifle.

Originally, fools were made with fresh green gooseberries (now hard to come by), but you can whip up one with glorious strawberries (below), raspberries, apricots or, to keep the original greenish color, kiwis.

*Cook 1 pint of cleaned fresh strawberries over low heat, about 20 minutes. Mash fruit against sides of saucepan to extract juices. Stir in ½ cup sugar and simmer until dissolved. Purée in a blender or food processor; chill. Whip 1 cup heavy cream into stiff peaks. Swirl in purée with a spatula. There should be streaks; do not overmix. Serves 6.*

● *No fresh berries? Use 16-ounce carton of frozen whole berries in syrup. Omit cooking procedure and sugar. Simply thaw, purée and fold into whipped cream.*



*I was seated at the ballet behind a 3-year-old child who squirmed and whined throughout the performance.*

*What age is the appropriate one to take a child to the ballet or theater?*



*Three is obviously too young. A mother who takes a very small child to a live performance is being unfair to the other members of the audience and to her child as well. Children do vary in their ability to sit still and concentrate, but in general I think 8 or 10 is the right age to take them to see live theater or dance.*



*What do you do about friends who borrow books and never return them?*



*First of all, make sure you write your name inside any book that you lend. Some borrowers forget from whom they have taken the latest best-seller. In addition, I always put a time limit on the loan. "I need this back in two weeks," I say, and then if the book is not returned in that time, I call and ask for it back, saying another friend has asked to borrow it.*



*The chocolate mousse I so carefully prepared for a dinner party wasn't jelled when I tried to serve it. I poured the mousse down the sink and served a plate of store-bought cookies instead. What would you have done?*



*I would have served the mushy mousse. An occasional culinary disaster is inevitable when you entertain. When I have one, I turn it into part of the evening's entertainment. I enter the dining room laughing, explain what has happened and then serve the runny mousse. These mishaps, though they look less than French-chef perfect, usually taste just fine. Do not apologize. Embarrassed apologies will make your guests uncomfortable and bring your party to a halt.—CHARLOTTE FORD*



# APRIL Your Journal

## CONTINUED

### Safe Car Seats

**T**he statistics are grim: The number-one killer of children today is automobile accidents. And that doesn't take into account the numerous injuries suffered by very young victims of car crashes. An equally stunning fact: Ninety percent of these casualties could have been prevented if the children had been strapped into car seats or belts.

The U.S. Department of Transportation (DOT) and the Insurance Institute for Highway Safety recently conducted simulated car-crash tests using life-sized dummies. The tests visibly demonstrate the fate of unrestrained children; they turn into flying missiles during a crash. A child cuddled in an adult's lap in the front passenger seat smashes into the dash and is then crushed against it by the adult's body as it, too, is thrown forward—all within a split second of impact. Unrestrained children sitting in the back seat, the safest spot, still bounce about like balls. Children riding in the back cargo area of a station wagon with the rear window open can shoot out the back.

As a result of these tests, the DOT revised safety standards for children's restraint systems. The stiffer standards apply to car seats manufactured after January 1, 1981. New seats must meet the standards and carry a label saying: "This child re-

straint conforms to all applicable federal motor vehicle safety standards."

When choosing a seat for your child, the most important thing to look for is a seat that you will be comfortable using all the time—one that you will strap your child into for each car trip. Basically, a seat with a five-point harness is best: an over-the-lap strap, a crotch strap, two shoulder straps and a strap on the car seat itself to anchor the child's seat (many cars are not equipped for this strap). In fact, all car seats do not fit all cars, so check to be sure the seat you choose will work in your car. You can learn about various child-restraint systems currently on the market and how to use them in the pamphlet, "Don't Risk Your Child's Life." To order a copy, send 50¢ and a self-addressed, stamped envelope to Physicians for Automotive Safety, P.O. Box 208, Rye, N.Y. 10580.

You don't have to buy a new car seat. A seat made before 1981 is acceptable as long as the seat conforms to the new standards. Check it against a new one or call the National Highway Traffic Safety division at the toll-free number (800) 424-9393.

Note: Infant seats and so-called car beds are intended for household use. They will not protect your child while he or she is riding in a car. Children who no longer use car seats should always wear a seat belt.

### Spring Forward

According to legend, Daylight Savings Time was Ben Franklin's bright idea. But the concept, officially known as "the advancement of standard time," wasn't put into effect till long after his time. It first became national policy during World War I, as a fuel-saving measure, then switched on-again, off-again across the nation for the next 46 years. Many individual states and municipalities did, however, opt to carry on local daylight savings programs.

The Uniform Time Act of 1966 reinstated Daylight Savings Time. Under the 1966 act, the nation's timetable moves forward one hour on the last Sunday in April and moves backward one hour on the last Sunday in October for most of the country. Hence the time-honored formula for telling which direction to move your clocks and wrist watches: "Spring ahead, Fall back."

Most of us benefit from the long days' light: lower electricity bills, improved traffic safety and a reduction in violent crime. But there are dissenters. The states of Arizona and Hawaii and the eastern time zone of the state of Indiana have elected to exempt themselves from the act. Other dissenters are farmers and drive-in movie theater owners. Farmers complain that daylight savings makes them rearrange their schedules, especially early in the day (dawn comes an hour later). Outdoor theater owners say daylight savings cuts into business: They have too long a wait till dark to start screening their movies.

They may have more to complain about soon. There is a move afoot in Congress to amend the 1966 act to add two months of Daylight Savings Time to the present six-month period. To add the additional sunshine to our lives, we'd spring forward the first Sunday in March and fall backward the same last Sunday in October.

—JULIE MAXEY



### Science Update



**1.** How many planets in the solar system?  
a. 6; b. 9; c. 11.

**2.** Which planet is biggest?

- a. Jupiter
- b. Mars
- c. Pluto

**3.** Water boils at a temperature of

- a. 100°F
- b. 212°F
- c. 448°F



**4.** The air we breathe consists mainly of  
a. oxygen  
b. argon  
c. nitrogen

**5.** The speed of light is approximately 186,282 miles per  
a. second  
b. minute  
c. hour

**6.** The largest creature known to science is  
a. African elephant



b. tyrannosaurus rex;  
c. blue whale  
**7.** Bacteria belong to the

a. plant kingdom  
b. animal kingdom  
c. neither

**8.** H<sub>2</sub>O is the formula for water, but what does it stand for?  
a. two hydrogen atoms and one atom of oxygen  
b. one hydrogen

Are kids getting smarter, or does it only seem that way? Just for fun, match wits with your resident science whiz and see who wins this "simple" quiz.



**A**nyone who spends time in the kitchen knows that a super-sharp knife is easier to work with than a dull one. But some people don't realize that a sharp knife is safer, too. Sounds paradoxical, but no: The sheer brute force required to cut with a dull knife makes accidents more likely.

It takes a proper sharpening tool to keep knives conveniently and safely sharp. Of the several kinds available, the preferred type is a slender rod of steel or a special ceramic material, with a sturdy, easy-to-grip handle. The sharpening rod should measure about 12 inches, exclusive of handle.

To sharpen a knife, hold rod in your left hand; grasp knife in your right. (Reverse if you're left-handed.) Knife blade should be facing away from you.

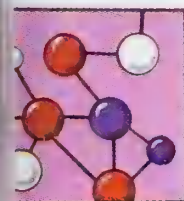
Hold knife so blade and rod meet at a 15-degree angle. Then stroke blade firmly down the length of the rod. (Think of how you used to sharpen sticks for roasting marshmallows at camp, and you've got it!)

"Arching" strokes are better than straight ones; by wielding knife in a shallow arc, the entire blade edge from handle end to tip is honed with each stroke.

Stroke several times down the rod with one side of the knife blade. Then, holding knife *under* rod, stroke several times to sharpen the other side of blade.

This method puts a keen edge on all but the duller knives. Sharpen regularly. Don't neglect touch-ups—two or three quick strokes for each side of knife—before cutting jobs.

A long-neglected and very dull knife may require more than rod sharpening. In that case try a sharpening *stone* (sometimes called an "oil stone"). Available where cutlery is sold, these stones are rectangular in shape and about six inches long. Sharpening with a stone is much the same as rod sharpening: With stone on a flat surface, stroke knife blade against it at an angle several times, first on stone's rough side, then on its smooth side. Finish by stroking against rod. —MARGARET DANBROT



**9.** Which is smallest?

- a. an atom
- b. an electron
- c. a molecule

**10.** How many elements are there? (Hint: Scientists keep detecting new ones.) a. 98; b. 102; c. 106

om and two  
oms of oxygen  
two helium  
oms and one  
om of oxygen



Keeping old medicines is usually not a good idea. Many change composition or lose potency with age, and can actually become hazardous to your health. Here are tips for keeping your medicine chest up-to-date:

- Don't save antibiotics unless instructed otherwise, since many lose their effectiveness and may change chemically with age. In fact, liquid antibiotics, often prescribed for children, may be good for only two weeks.

- Look for date codes on bottles or prescription labels—these indicate the last month that the drug should be used, though properly stored drugs in stable form (particularly tablets) are probably good for a few extra months. If no date appears on the bottle or prescription label, ask the pharmacist about its shelf-life.

- Discard any medication that seems to have altered in color, smell or consistency. A bottle of aspirin that smells vinegary is starting to go bad and should be discarded, as should an ointment or cream that is caked or has a film on the top. Effervescent medications that have lost their fizz probably have been damaged by moisture. Liquid cough medicines that contain alcohol may become more condensed as the alcohol evaporates. When this happens they thicken and should be discarded. Do the same with any capsules or pills that are furry, crumbling or have partially melted.

- Don't save any prescription drug

after your need for it has subsided (unless advised differently by your doctor). Even if the symptoms recur, it's better to see a doctor again, since the problem *may* be different.

- Extend the effectiveness of non-prescription drugs by storing them properly. Try to find a place other than the bathroom to keep them, since the extremes of heat and humidity in most bathrooms hasten drug deterioration. Always recap tubes and bottles tightly. Don't refrigerate drugs unless instructed to. Always keep drugs in their original containers, but discard the cotton padding under the lid of pill bottles. Do not discard (or mistakenly consume) the little white disc containing silica-gel that is placed in many bottles (designed to keep pills dry).

- Replace topical antiseptics often. Hydrogen peroxide and alcohol deteriorate rapidly, especially if they are not tightly capped. If hydrogen peroxide has lost its fizz, it should be discarded. Also be careful with things like tincture of iodine—tincture means it contains alcohol, which evaporates quickly. When that happens, iodine condenses and may cause burning.

- Keep track of purchase dates. When buying nonprescription drugs, write the purchase date on the label. Go through your medicine chest once a year and throw out those that are more than a year old.

—GENELL SUBAK-SHARPE

## Daisy Easter Eggs

Bright daisy eggs are a pretty addition to your Easter baskets and to your Easter table centerpiece. You simply stencil a daisy design on each egg with a wax crayon, then dye the egg as usual. The dye does not penetrate the wax, so your daisy stands out white against the colored background.

The materials you need include large, white, hard-cooked eggs, an egg carton, a white or yellow wax crayon, blue and/or other vibrantly colored Easter egg dyes, a glass bowl for each color dye, a spoon.

For each egg: Draw your daisy design first on one half of the egg, then the other, with the crayon. Be sure the lines are thick so the daisy will show up.

Mix a strong solution of Easter egg dye in the glass bowl. Put egg in dye for 10 minutes. Remove egg with spoon and put in egg carton to dry.







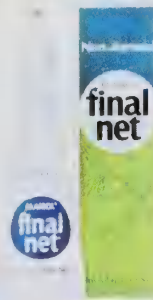
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By Joan Thomas\*

# "I had the 'Happy Hour' blues"

*When I realized how much I was drinking, I struggled to take control of my life.*

**M**any women know the loneliness of the Happy Hour. Each evening at the stroke of five, they begin "drowning their sorrows" in a stream of cocktails. I was once one of those women. At first I used alcohol as a tranquilizer, but then it became my crutch.

Ironically, as a young woman I was never much of a drinker. In fact, alcohol made me a bit sleepy. But then I met Christopher, the man who would become my husband. From the first date, our entire social life revolved around going to parties and local bars. I was thrilled to be included in his circle of well-educated friends. Chris had grown up in New York City and had an advanced degree in education. I had been raised in a small town in New Jersey, and though I was a registered nurse, I had never had the opportunity to go to college. I found that having a few cocktails before dinner seemed to put me more at ease with his crowd, and my tolerance for alcohol grew.

Indeed, my husband taught me to drink, and since he was a heavy drinker, he was a good teacher. But I was either too naive or too much in love to recognize how serious a drinking problem he had. Before we were married, we had two violent arguments that were a direct result of his drunkenness. Yet I assumed that once we were a family, our differences would miraculously disappear.

Well, our relationship did change after we were married, but not in the way I expected. Nightly cocktails became a ritual for us. Instead of Chris's drinking less, I drank more, though never as much as he.

Even the births of our two children were celebrated with liquor he had smuggled into my hospital room.

Yet in our first years together, I still was reluctant to admit that alcohol was ruining our marriage. I even looked forward to Happy Hour each evening, because in the flush of his first few whiskeys, he was always so charming and exuberant . . . so loving. I would pray that he would stop there, but more often than not he continued drinking into the night. Too much liquor turned him into a different man. He slurred his words, repeated himself endlessly and forgot things. He also became hostile. Although he never attacked me physically, he constantly insulted me in front of the children.

More and more his drinking affected our family life. Chris was fired from his teaching job because his perennial hangover prevented him from getting to class before nine. Then, he lost job after job in publishing. At one point he gave sales a try. To boost his new "career," we began entertaining often and somewhat lavishly. I hoped if we drank enough, laughed enough and surrounded ourselves with enough people, our marital troubles would go away.

They only got worse. I had to return to work as a full-time nurse just to keep our family afloat. That meant Chris, who was again out of work, cared for the children in my absence. I soon realized that his anxiety had built to where he was venting his anger toward the little ones, who were

(continued)

\*All names have been changed to protect the privacy of the people involved.

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only four and seven. For me that was the final straw. I asked for a divorce. Not only had I lost every ounce of love and respect for Chris, but I no longer trusted him either.

The first month following our separation was a period of exhilaration and immense relief for me. After eight long years, my life was my own again. I no longer spent every waking hour walking on eggs for fear of provoking Chris's anger. I could crawl into bed at night without dreading his clumsy, drunken advances. A great burden had been lifted from my shoulders and I felt nothing could stop me.

Unfortunately, my emotional high was short-lived. Bitterness set in. I had once expected to live happily ever after, but I had chosen the wrong Prince Charming. Also, I found having to explain my change in marital status embarrassing. The most troubling problem was the pain my children suffered. Even though Chris had often been a neglectful and surly father, they remembered only the happy times we'd all shared. By filing for a divorce, I had, in effect, deprived them of the father they adored.

### **The pressures mount**

As any woman who has experienced a divorce will tell you, coming home after a long day at work to a house full of children and chores—and no man—can be devastating at first. Happy Hour had once been the time when my husband and I were the most affectionate. Now, facing five o'clock without Chris depressed me and made me restless. It was too early for dinner, too late to begin any household projects that might have kept me occupied. I felt pressure from all sides: Money was short, good baby-sitters were hard to find, our "friends" did not want to entertain a woman alone.

To stave off self-pity and forget my many problems, I began to have a cocktail alone before starting dinner. Having a drink relaxed me and seemed to make facing the evening more tolerable. If one drink did the trick, then two obviously worked even better. Pretty soon, I began to reward myself with a third. Each week, the tumblers were fuller, the drinks "stiffer."

One evening I noticed how cranky and sleepy the children were at the dinner table. Glancing at the clock, I was appalled to see that it was almost nine! Homework hadn't been done, baths hadn't been taken, clothes for the next day hadn't been ironed—and I was drunk.

That did it! I was forced to confront the fact that something was very

wrong. Was I failing in my new role as a single mother, which I had gained at such a high emotional cost? How could I put my children through another nightmare? It horrified me to think that perhaps I might be heading down the very same destructive path I had watched my husband follow.

As a nurse, I have helped treat many alcoholic patients, and two friends of mine are active members of Alcoholics Anonymous. Consequently, I was quite knowledgeable about the early signs of the disease. Though I was certain that I did not have a physical addiction to alcohol, I was developing a psychological dependence. Yet, neither my mind nor my body was beyond the point of no return. A person in an advanced stage of alcoholism is not so lucky.

I had taken six months to develop a serious drinking problem. I took one day to stop.

Old habits are never easy to break, however, and drinking is certainly no exception. My first weeks of abstinence were incredibly tough. Oddly enough, the most effective tool I had was denial. I refused to admit to myself I wanted a drink! I consumed pots of coffee instead, and smoked twice as many cigarettes. As a result, I could not sleep at night, my moods swung like a pendulum and my hands shook so I could hardly hold my coffee cup. But I never mixed a cocktail! Gradually, I cut down on the caffeine and nicotine, and my nerves stabilized.

### **Loneliness didn't go away**

Of course, the loneliness of the cocktail hour did not disappear simply by willing it to go away. To this day, my mood sometimes sinks at five o'clock. But now I use that time to do something nice for myself. I take a leisurely bath, read a novel or just settle in my favorite lawn chair in the backyard with my feet up, sipping a diet soda. One of the biggest payoffs is all the time and energy I now have each evening.

True, everything does not always come up roses, but I am succeeding as a single mother, enjoying my job and proud to watch my youngsters grow and thrive. Also, I am more confident about myself than ever before. Mustering the strength to conquer the stranglehold alcohol was beginning to have on my life was quite a feat.

Even today, years later, the threat of developing a true dependence on drinking remains very real to me. But now I am able to enjoy an occasional glass of wine with friends, something a true alcoholic would find impossible to do. I will be forever grateful that I do not need a drink to help me handle my problems and face the end of another day.

While the author was able to control her drinking problem by herself, a true alcoholic often needs the help of support groups such as Alcoholics Anonymous. Below are twelve questions about your drinking patterns. If you answer "yes" to four or more questions, you might want to contact your local A.A. group, listed in your phone book.

1. Have you ever decided to stop drinking for a week or so, but only lasted for a few days?
2. Do you wish people would mind their own business about your drinking—stop telling you what to do?
3. Have you ever switched from one kind of drink to another in the hope that this would keep you from getting drunk?
4. Have you had a drink in the morning during the past year?
5. Do you envy those people who can drink without getting into trouble?
6. Have you had problems connected with drinking during the past year?
7. Has your drinking caused trouble at home?
8. Do you ever try to get "extra" drinks at a party because you do not get enough?
9. Do you tell yourself you can stop drinking any time you want to, even though you keep getting drunk when you don't mean to?
10. Have you missed days of work because of drinking?
11. Do you have "blackouts"?
12. Have you ever felt that your life would be better if you did not drink?

*These questions are reprinted from "Is A.A. for You" with the permission of Alcoholics Anonymous World Services Inc.*

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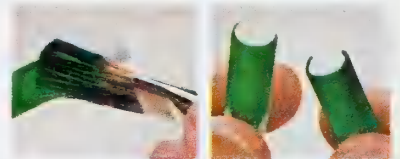
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# HOW AMERICA LIVES



Crafts are big business for a group of Carolina women, including Sara Carr (left), Linda McDonald.

*A salute to the many ways women of all ages achieve success, plus an important report on family life today.*

*By Joyce Kuh*



At 88, Ruth Hutchinson of St. Louis is the world's oldest rock 'n' roll disc jockey. "Her fans love her."

## Spare-time moneymakers

Nine women in Charlotte, N.C., recently netted \$25,000 from a venture that began quietly as a weekly social gathering.

"In 1976, we started meeting on Tuesdays," Sara Carr recalls, "just for the fellowship and to teach one another the crafts we each knew. One day, someone said, 'Why don't we have a sale?' We learned that a P.T.A. group had rented a parking lot for a bazaar, so we rented two spaces from them and sold six hundred dollars worth of the things we had made. Later that same year, we had a sale in my rec room and made another twenty-two hundred dollars."

The following year, the group staged a day and a half sale in the Carr's rec room and cleared \$6,000.

Encouraged, the group, which calls itself "Crafts by Tuesday's Wednesday," set its sights higher. The women produced more crafts, distributed publicity flyers and rented a church hall for the third year's sale.

"There are a lot of crafts sales around here," Mrs. Carr says, "but one big reason we have been successful is that we are very careful about the quality of things we sell. And people remember us because we're the ones with the funny name." The origin of the name is the Tuesday meeting, which often had to be postponed as the women got busier. Members would call each other to say that "Tuesday's Wednesday this week." The annual sales are now held on the Tuesday and Wednesday after Thanksgiving.

Handcrafted items include place mats, decorated towels, doll beds with quilts and linens, floral arrangements with silk or dried flowers, can-

dlesticks, appliquéd items, pillows, cross-stitching, weather vanes, many Christmas decorations such as stockings, ornaments and wreaths, and even home-canned and pickled vegetables in decorated gift baskets. Prices range from fifty cents to fifty dollars (from refrigerator magnets to afghans).

Each member produces items at her own pace and each tags and prices her own merchandise. Two-part tags are color-coded by each member and include her initials, an inventory number and price. When an item is sold, half the tag is dropped into a box. After the sale, tags are tallied, and each woman takes her share of the money. At the last sale, one member made over \$10,000; another made only \$91. Expenses, which are prorated, include rental of sales space (\$500 for a recent sale at the Charlotte Women's Club), and small amounts for printing flyers, newspaper advertising and food for those working on the day of the sale.

Pre-sale responsibilities divided among the group include publicity, accounting, display and setup, flyers and posters, market research and arranging for food on sale days. Each member may ask one or two friends to help on the day of the sale, and these helpers are allowed to come in half an hour early to buy. "We also give them a luncheon a few weeks after the sale," Mrs. Carr says.

The group ranges in age from 38 to 50. "We have twenty children among us," Mrs. Carr reports, "from ages six to twenty-one. And seven of us have part-time jobs in addition to homemaking and crafts. We couldn't do this without the enthusiastic support of our husbands and children

who fill in at home and make fewer demands on us when we get busy."

The women decided when they began this venture that each would give ten percent of her profits to her own church. Remaining profits are used individually "to do something nice for our families, to tell them that we love them," says Sara Carr. "One year I bought a pool table for my family. And Linda McDonald, the one who made ten thousand dollars this year, is taking her family skiing in Colorado."

For \$1.50 and a self-addressed, stamped envelope, "Crafts by Tuesday's Wednesday" will share their guide to organizing a crafts sale. Write: Crafts, 2916-E Goneaway Rd., Charlotte, N.C. 28210.

## Golden age of rock

Once a week, 88-year-old Ruth Hutchinson, great-grandmother of three, goes out to work at her part-time job. Ruth is a rock 'n' roll disc jockey at St. Louis radio station K-SHE, and her fans just won't leave her alone.

"I had some notepads printed with 'To' and 'From,'" she explains. "Before I go out to lunch or anywhere, I sign a bunch of the 'Froms.' That just makes it easier for me to give out the autographs. I don't feel like a celebrity," she says. "I just feel like me."

Ruth's amazing career began when she was a young 81. K-SHE was a progressive rock, anti-establishment underground station and it was losing money. New owners hired Ruth's daughter, Nancy Pool, as station manager, and they all agreed that they needed an older audience, including older voices on the air. Ruth stopped by to see her (continued)






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daughter one day, and station vice president Sheldon Graman asked that she make a promotion tape. Mrs. Po protested, "She'll never do it. She's too Victorian."

After some coaxing, Ruth made the tape. She just said "Hi, this is Ruth Hutchinson. I'm eighty-one years old and I always listen to K-SHE."

"We got four thousand calls in four days," says Mrs. Po with astonishment. "At first people thought it was a joke. They thought it was someone putting on an older voice. Then they started asking to hear more of her. She started with a half-hour show and our ratings skyrocketed."

Billed as "the world's oldest rock 'n' roll D.J.," Ruth openly admits, "I mostly like Tommy Dorsey and Benny Goodman. I don't like hard rock very much, but I do like the soft rock. Right now my favorite group is the Ozark Mountain Daredevils. We just try to play what the listeners call in and ask for. If the kids like hard rock, it's okay with me."

Ruth has recently recovered from two heart attacks that kept her off the air for two years. She is now back, taping a weekly hour and a half show that is aired Wednesdays at seven P.M. She has, however, cut down on her personal appearances at rock concerts and record shops.

She says that her fame hasn't changed her life very much, except that people everywhere seem to recognize her voice and ask for autographs. "I go out to lunch, stay home evenings. I read the Bible every day. And I go to my doctors—after all, I'm eighty-eight. Eye doctors, ear doctors. I used to play bridge, but one of our foursome died recently and it's hard to find a fourth for three old women to get along with. But this has been good for me. The kids at the station are great."

During one of her tapings, a station hand suggested she describe a record as "totally cosmic." Ruth laughs, "When I got home, I told my daughter that I'd said something of the air and I didn't know what it meant. She told me that 'totally cosmic' meant 'far out.' I said 'I was glad that I hadn't said anything that I wasn't supposed to. I kind of liked the words and I started saying them a lot. People began to associate 'totally cosmic' with me. Then the station people thought it was getting to be too much and told me to stop. But I sneak it in every now and then!'"

Daughter Nancy Pool, who's only 60, says, "Her fans adore her. If her ratings weren't good, I'd have to fire her. My job is to see that the station is successful. She's not doing this show because she's my mother. We're number two in the market now."

### The good old days

Is it true? The American family is falling apart. The generation gap is widening. Religion waning. Patriotism declining.

Fifty years ago, sociologists Helen and Robert Lynd published a now-classic study of the typical American community, which they called *Middletown*. The values of Middletown—actually Muncie, Indiana—were centered in family, church and country. Middletown, the Lynds told us, was representative of the rest of the country and today it sounds appealingly old-fashioned.

Now, fifty years later, a team of sociologists has revisited Middletown, spending nearly three years living there duplicating the Lynds' studies. The new work, *Middletown Families: Fifty Years of Change and Continuity* (University of Minnesota Press, \$16.95), reveals some startling information about what has—and has not—happened. In Middletown, today:

• The divorce rate "has not risen dramatically since the 1920s and it currently is not rising at all." (continued)



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### HOW AMERICA LIVES

*continued*

- "... the evidence is overwhelming that husband-wife communication has improved during the past fifty years."
- "... the generation gap of the late 1970s seemed considerably narrower than that of the 1920s."
- "There is no evidence for any weakening of kinship ties during the past fifty years."
- "Nearly half of the 1978 respondents reported attending religious services regularly (at least four times a month), more than twice the proportion so reporting in 1924 . . ."
- "... the level of church attendance in Middletown . . . turns out to be slightly lower than the estimated level for the country as a whole."
- "A large majority of adolescents accept that the United States is unquestionably the 'best country in the world.'"

On a more personal level, *Middletown Families* reports that the most frequent source of disagreement between parents and children, then as now, is how many school nights a week children go out and what time they get home. Moreover, boys spend the same number of evenings away from home now as they did then. (Girls have caught up with the boys since the

1920s and go out as often as the boys.)

A few things have changed. People are more tolerant of the ways of others. The authors suggest that heavy exposure to television may be responsible for this new attitude.

And there has indeed been a sexual revolution. The Lynds reported that the original Middletown suffered from sexual repression. Today there are X-rated movies and pornography book shops readily available. Parents and teachers are concerned about teen-age sex and pregnancy. One high school teacher said that forty out of the fifty-five girls she worked with had engaged in sexual intercourse and "that's kind of scary." Out-of-wedlock births have increased.

The researchers suggest that one positive result of the sexual revolution may be closer, more stable marriages. And they point out that "the Middletown studied by the Lynds during the 1920s was in the throes of a sexual revolution as far-reaching as the one we have experienced during the past two decades." The 1920s "revolution" included the use of the car for dating, women's clothes for "erotic display" and the development of sex as "the dominant theme in popular literature and movies."

Middletown families today are still representative of American families in

general, the authors tell us. And they say, "With respect to the major features of family life, the trend of the past two generations has run in the opposite direction from the trend that nearly everyone perceives and talks about." In other words, the American family is in better shape than ever. The good old days are now. **End**

### APRIL

By Michael Drury

*Sometimes in spring it's winter  
On the north side of my house.  
Pussy willow and field mouse forage  
Out in coats of gray on the south  
Where day is longer and sunlight  
Stronger. The crocuses poke up  
Green fingers to find out if  
The warm air lingers long enough  
For blooming. A few brave bees  
Are zooming over soil almost soft  
Enough to work. But at the front  
Blue shadows lurk, and even patches  
Of snow where the rhododendrons grow  
And the seasons reluctantly part.  
Life too has its reasons and yields  
Slowly to a new start,  
So that in spring sometimes  
It's winter on the north side  
Of my heart.*



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**FISH STICKS**

## **DEVILED FISH STICKS**

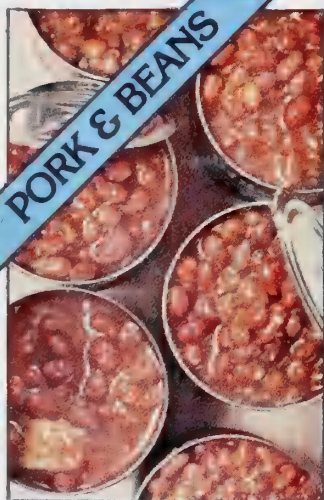
- 1 Place a 14- to 16-oz. pkg. of frozen fish sticks in a rectangular baking dish.
- 2 Combine  $\frac{1}{4}$  cup ketchup or bottled barbecue sauce with 1 tsp. prepared mustard and 1 cup diced pasteurized processed cheese.
- 3 Top fish sticks with cheese mixture and bake in preheated 375°F. oven 20 to 25 minutes.

## **FISH STICKS ALMONDINE**

- Prepare a 14- to 16-oz. pkg. of frozen fish sticks according to directions.
- In medium skillet melt 1 Tb. butter or margarine. Add  $\frac{1}{3}$  cup sliced almonds and cook, stirring occasionally, until golden brown.
- Stir in 1 Tb. lemon juice and cook 30 seconds. Transfer fish sticks to platter and top with almonds.

## **FISH IN A POCKET**

- Prepare a 14- to 16-oz. pkg. of frozen fish sticks according to directions.
- Combine 1 cup prepared or deli cole slaw with  $\frac{1}{2}$  to 1 tsp. prepared horseradish and  $\frac{1}{2}$  tsp. Dijon mustard, dash dill weed and dash pepper.
- Cut two 7- to 8-inch pita breads in half. Divide fish sticks among pita halves. Spoon on some cole slaw mixture.



**PORK & BEANS**

## **CREAM OF BEAN SOUP**

- 1 In medium saucepan sauté 3 slices diced bacon until it just begins to get crisp.
- 2 Add one chopped medium onion and cook 5 to 6 minutes, until onion is soft.
- 3 Stir in a 16-oz. can pork & beans in tomato sauce and 1 cup milk. Heat through; do not bring to a boil.

## **JUST PEACHY BEANS**

- Drain a 16-oz. can peach slices in heavy syrup and pour into 1-quart casserole.
- Add a 16-oz. can pork & beans in tomato sauce, 1 Tb. maple syrup,  $\frac{1}{2}$  tsp. cinnamon and  $\frac{1}{2}$  tsp. dry mustard. Stir to combine thoroughly.
- Bake in preheated 350°F. oven 20 minutes.

## **CHILI CHEESE BEANS**

- Drain a 16-oz. can pork & beans in tomato sauce and pour into blender container.
- Add a 4-oz. can chopped green chilies, drained, one crushed garlic clove and  $\frac{1}{4}$  tsp. cumin; purée until smooth.
- Stir in 1 cup grated Cheddar cheese. Use as sandwich filling or dip with tortilla chips.



**BANANAS**

## **BANANAS BRAZIL**

- 1 Halve 2 bananas lengthwise. Melt 2 Tb. butter or margarine in skillet; add bananas and sauté 1 to 2 minutes.
- 2 Lay 2 to 4 thin slices Muenster cheese over bananas (enough to completely cover them).
- 3 Combine 1 Tb. sugar and  $\frac{1}{4}$  tsp. cinnamon. Sprinkle over cheese; cover and cook about 3 to 4 minutes. Serve immediately.

## **BACON 'N' BANANA**

- In medium skillet sauté 2 slices bacon until crisp. Remove from skillet; set aside.
- Add a sliced small onion to drippings and cook until soft. Add 2 tsp. lemon juice and  $\frac{1}{2}$  tsp. sugar.
- Stir in 2 sliced bananas. Toss gently and heat through. Sprinkle with crumbled bacon; serve.

## **BANANAS WALDORF**

- Drain an 8 $\frac{1}{4}$ -oz. can pineapple slices, reserving juice. Cut slices into chunks and add to medium bowl with 2 sliced bananas.
- In small bowl blend  $\frac{1}{3}$  cup mayonnaise, 1 Tb. pineapple juice and  $\frac{1}{4}$  tsp. dry mustard.
- Fold dressing,  $\frac{1}{2}$  cup chopped walnuts and  $\frac{1}{4}$  cup chopped green onions into fruit. Serve on lettuce.



*"Cheese bored?"*



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# SANDRA DAY O'CONNOR

## WARM, WITTY AND WISE



By Pam Hall

Liaison/D. Kennedy

*She is the first woman justice of the United States Supreme Court. And if that isn't enough, she's also a loyal wife, a doting mother, a charming hostess and a born matchmaker! In an exclusive interview, Justice O'Connor talks about her many roles—both at home and on the job.*

**H**er massive desk dominates the office, where the ceilings are fifteen feet high and wonderful, carved wood paneling covers the walls. But the atmosphere of the stately room is both warm and personal, with a fire always laid in the black marble fireplace and Navajo rugs brightening the floors. The majestic bookshelves hold hundreds of leather-bound volumes . . . and occasionally a set of electric hair rollers.

These curlers are a strange sight in the formal domain that was so recently for men only. But Sandra Day O'Connor, the newest justice on the United States Supreme Court and the most influential woman in the country, is not one to hide her femininity. A brilliant lawyer

and legislator whose place in history is assured, Sandra is also a wife, mother and all-around nurturer to family and friends.

Recently, in an exclusive interview with the *Journal*, this 52-year-old mother of three talked about her private life, as well as her new position, and revealed the comfortably human side to one of America's most-admired women.

"It may seem surprising, but my new position hasn't really changed things in terms of how I deal with people," O'Connor explains in a voice that commands attention, yet also seems to put visitors at ease. "There's some nervousness when people first talk to me, but after that, they tend to act natural and so do I. Oh, there may be a reserved moment at first, but I think people quickly get over that.

"I had no idea when I was appointed how much it would mean to many people around the country. It affected them in a very personal way—people saw the appointment as a signal that there are virtually unlimited opportunities for women. It's important to mothers for their daughters and to daughters for themselves."

Justice O'Connor herself knows (*continued*)



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well how many more options there are now for women than there were thirty years ago, when she graduated from Stanford Law School. She was magna cum laude, joined the honorary Society of the Coif (which accepts only the best law students) and won a post on the Stanford Law Review. But when she interviewed with firms in California, no one would hire a "lady lawyer." Only the firm of Gibson, Dunn and Crutcher in Los Angeles offered her a job—as a legal secretary!

The fact that O'Connor went on to become a successful attorney, an Arizona state legislator (and eventually the first woman president of the Arizona State Senate) and a trial judge, shows that she didn't let the very real barriers stand in her way.

Clearly, her own determination, persistence and intelligence led her to the height of her profession. But through it all, her husband has certainly helped by being a strong supporter.

An attorney himself, John O'Connor has always backed his wife completely. In fact, he has been secure enough to follow her career moves (taking a new job in Washington, D.C. last year with the law firm of Miller and Chevalier) and to enjoy her success—without feeling threatened. "After all," he says lightly, "I am president of what has to be the most exclusive club in the world—the Men's Auxiliary to the Supreme Court."

Just as John can play a supporting role with grace, Sandra is equally comfortable showing the non-professional side to herself—a side that many successful women prefer to hide.

For instance, before her appointment was final, the Attorney General's staff came to the O'Connors' comfortable adobe home in Paradise Valley, Arizona, for a long interview. During the six-hour discussion, O'Connor suddenly excused herself, went into the kitchen and whipped up salmon mousse for lunch—displaying a talent the A.G.'s staff wasn't considering, but definitely appreciated.

Similarly, it was natural for her to respond in a very homey way when another associate justice's wife was sick last December. Sandra brought them a pot of homemade soup.

"She puts people at ease right away just by being herself," observes Ruth McGregor, a law clerk to Justice O'Connor and a longtime friend. "Her position has changed, but she hasn't."

For O'Connor, "being herself" means keeping her life orderly and in control. "I think that most anything you do in life requires preparation," she explains, "and if you are prepared and have thought about it, then things

won't be a problem. If you feel you are not prepared," she pauses, "... that's grounds for concern."

Not surprisingly, her first week on the job last October was somewhat trying because the procedures and layout of the Court were confusing, and faced with an unfamiliar and packed agenda, Sandra didn't feel as prepared as she would have liked.

"All the procedures at the Court were new to me," she explains. "Even the building was confusing. I found myself getting lost en route to my office or my parking space. And the work load is exceedingly heavy."

But even as she was learning the ropes, she enlisted the aid of her husband and secretary so that she could personally reply to the thousands of letters that had come from well-wishers. "John was unbelievably helpful," she says. "He would spend the day looking through boxes and boxes of mail to get it sorted."

Before they were finished, they had sent out more than four thousand replies, many with handwritten notes from Sandra. With the hectic changes in her life and the onslaught of new responsibilities, this gesture was an extraordinary one—yet typical of her.

As she grew more comfortable with work procedure, O'Connor characteristically began to take on new projects of her own. First, she organized a woman's exercise class at the Supreme Court. (Causing one justice to remark that, "It took some getting used to, seeing those black-leotarded ladies in the halls of the Court.")

#### **Clearly excited**

As far as her serious Court work goes, O'Connor is clearly excited by the challenge, but she tends to downplay her role as the first woman justice. "I think that I bring to the Court differences in background that are more germane than my gender," she insists. "My experience as a legislator gives me a different perspective. Also, I bring to the Court the perspective of a woman primarily in a sense that I am female, just as I am white, a college graduate, etcetera."

"Yes, I will bring the understanding of a woman to the Court, but I doubt that that alone will affect my decisions. I think the important fact about my appointment is not that I will decide cases as a woman, but that I am a woman who will get to decide cases."

It is too soon to tell, of course, what impact Justice O'Connor will have as a woman, but as a determined, warm and fair-minded individual, her influence will surely be felt strongly. It helps that she is also a stickler for detail—both at work and at home. As an Arizona legislator, for instance, she once amended a bill purely to correct

an important punctuation error. And when her sons were small and the O'Connors hosted a Halloween Haunted House, she found the time to peel the grapes for the "eyeballs."

#### **Yente of Paradise Valley**

The new justice is just as meticulous when it comes to matchmaking, approaching the task with the same assurance with which she handles law cases. "I am the Yente of Paradise Valley," she laughs, referring to the matchmaker in *Fiddler on the Roof*. "I have introduced a number of couples, including my own sister and brother-in-law." Not only does this "Yente" go to great lengths to make matches, but she's ready to try again if those matches don't take. Those who have seen her in action report that even if she isn't perfect, she's persistent.

"I had just broken off my engagement and I was in no mood to meet anyone," recalls one young woman whose parents have been friends of the O'Connors for years. "But Sandra said, 'I have this young man I want you to meet.' I said, 'Thank you, but I'm not interested.' But Sandra insisted that I at least meet him." The young woman did, and within a year, Sandra had another successful marriage to add to her many credits.

(About the only people who have been immune to her matchmaking are her own three sons. No one yet has convinced Scott, 24; Brian, 22; and Jay, 19, to give up the good bachelor life.)

As a Supreme Court associate justice, Sandra may no longer have time for matchmaking. In fact, today, most of her time and energy is taken with her new work. In contrast to the days when her children were small and she excused herself from a night session of the Arizona legislature because "my boys are going to camp and I am going home to be sure that they have packed everything," she is now occupied with Court business day in and day out.

She and John recently moved into an apartment large enough for the whole family to visit. But as of mid-November, she has had no help and "won't have, unless I find some." As for cooking, she explains, "I don't. At this rate, I'll forget how." Housework, too, gets little attention. "I don't worry about it. I know that a day will come when I'll get it all sorted out."

Perhaps another woman might have agonized over accepting a position that would so thoroughly change her life and her family's. But Sandra believes she knew from the beginning that she would accept the historical nomination if it were offered to her. "I suppose it was subconsciously inconceivable to me that I would not accept it. Fortunately, I didn't have to concern myself with the (continued on page 46)



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children because they are all at an age when they are in college or working.

"And John was fully behind me," she smiles.

If she has any regrets, it is that she misses her home in Phoenix, where the couple had lived since the mid-1950s. Gazing out her office window in Washington, she muses, "I miss the atmosphere of the desert. I miss the open vistas, the clear sky and the availability of the outdoors."

And she misses her friends. Before she and John left for Washington, the O'Connors were showered with parties, an old-fashioned parade and a mock Senate confirmation hearing.

Sandra and John even did some performing themselves at one farewell party—a routine they call "999 Tips for a Successful Two-Career Marriage." She was the straight man, he was the comedian, and their audience was "standing room only" when they stepped up to the microphone.

"The main problem with having an achieving wife," John O'Connor began, "is that she doesn't defer to her husband in conversation. Both of us correct each other, interrupt and talk at once on the same subject."

"So our method is really quite simple," Sandra broke in on cue. "The one who has the ball gets to talk." She stooped down and picked up a bright pink Nerf football. "In the interest of fairness the ball must be passed every three minutes." She tossed it to John.

He opened with a bit of philosophy. "I think that if there is one piece of advice I can give you men as to how to ensure domestic tranquility it would be this: Just as you should continually plan to develop the highest level of competency in your career, you should be continually and incessantly planning ways to achieve total incompetency around the house."

He followed with a tip. "When your wife asks you to change a lightbulb, men, here is what you must do: Come out carrying a newspaper, a ladder and a hammer. Spread the paper on the floor, climb the ladder, then take the hammer and break the bulb into tiny pieces so that the remains of it can never be removed from the socket. That is the last time you will ever be asked to do that job."

As the show continued, the advice flowed. Sandra stuck to her prepared script, John appeared to speak off the cuff, and as the ball was tossed back and forth, all eyes were on the couple—with small wonder. Who'd ever expect to find a Supreme Court justice doing a comedy routine?

That night the entertainment concluded with John saying, "Many of you

**A special  
opinion from  
John O'Connor**



Sygma/D. Rose

*When husband and wife work in the same field, there's always the chance that one will rise higher or faster than the other, and that the difference in positions will bring about problems. It could be traumatic, especially for a lawyer whose wife is one of the most powerful judicial figures in the land. But John O'Connor insists that Sandra O'Connor's appointment has been no problem for him.*

*A tremendously secure man himself, John not only handles his wife's new position gracefully, he obviously delights in her success. Speaking with the Journal, he talked about what it is like being the first man in history to be the husband of a Supreme Court justice.*

**Q. Is it difficult for two lawyers to live together under one roof?**

A. There are a lot of funny stories as to how people are able to stay married for many years. One is about a husband who said that when he and his wife got married they decided that if she got mad, she would say so immediately, but that if he got mad, he would take a walk. He then reflected, "I guess that's why we've been married for fifty years and why I've led a basically outdoor life."

Seriously, though, there's nothing unique about the problems faced by lawyers who are married to each other. I think what's important is that there not be too great a difference in the basic intelligence or interests of the two people.

Of course, for me, being married to a lawyer is normal. It has been the only marital experience I've had, and I've had the experience for twenty-nine years now.

I think the crucial thing is that when you disagree, you should try to

have asked what I am planning to do." He paused. "I am going to start a career-management business for women. The brochure will be extremely tasteful, nothing ostentatious. Just the family name, my wife's picture and this slogan: DO JUSTICE TO YOUR CAREER."

avoid being disagreeable, and try to hold back that biting, smart remark that, once made, can never be erased for the rest of your lives.

**Q. As the father of three sons, all eligible bachelors, would you encourage them to follow in your footsteps by marrying career-minded women like their mother?**

A. I wouldn't encourage or discourage my sons to marry career-minded women. Each should marry someone they love, respect and with whom they like to spend time.

**Q. If any of them did find a career-minded mate, how would you advise him to prepare for the marriage?**

A. I would be the last one to tell the boys to learn how to iron or cook. I've never done either, and I don't expect to. I am happy to help and do help Sandra in many ways, but I don't help with household tasks. It's not a matter of principle. It's an unbroken record of incompetency and inexperience as a homemaker. Every man who wants to help his wife has got to decide how he can best help her and how he enjoys helping her.

**Q. A less secure man wouldn't have survived, let alone enjoyed the events of these past months. How do you feel about being in the supporting role?**

A. Your question assumes that life has been difficult because of Sandra's appointment to the Supreme Court. That simply isn't the case. My life has become vastly broadened and vastly enriched as a result of her appointment. I am not only happy for Sandra because she is so competent and so deserving, but I am happy for myself and my family because all our lives have become more interesting. Sandra's accomplishments don't make me a lesser man; they make me a fuller man.

**Q. When a wife moves to be with her husband, it's expected. When a man does it for his wife, it is news. You did it and it was a headline. Was it a difficult decision?**

A. It's really been very simple. Sandra and I have been married for twenty-nine years. We want to continue to live together. It's a simple and easy decision. I wish they were all that easy. Anyway, I wouldn't give up the experiences I have had as a result of Sandra's appointment for anything in the world.

**End**

Sandra stepped in, thanking everyone for the evening and extending an invitation to all to come to Washington to visit. Then she closed the performance by speaking directly to the women. "Well, girls," she grinned, holding up the Nerf triumphantly. "I've got the ball. It's in my court." **End**



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TOPICAL DATA



# The three-season salad garden

you can grow a fabulous variety of salad fixings in this compact 8x12-foot plot. It will keep your family feasting from May through October.

By Walter Chandoha

**T**here's more to salads than just lettuce and tomatoes. How about sliced beets and onions with chopped dill; or cole slaw with onions, parsley and carrots; green peppers and tomatoes with basil and green onions; sugar snaps just plain; or arugula and endive? The combinations go on and on with the nineteen vegetables included in this three-season salad garden. All vegetables won't be available at any one time, but twenty to thirty days after planting, you'll start feasting. Here's how to get started, including a master chart on the next page, which lays it all out, row by row.

To get maximum yield from our 8x12-foot garden, both the rows and plants in the rows are spaced somewhat closely. To compensate, refertilize each time a new planting is made, and to get vegetables off to a good start, evenly spread four pounds of 5-10-5 over the garden. Additionally, most soils east of the Mississippi need lime: Three pounds spread evenly is about right for our 96-square-foot garden. Mix and blend nutrients with the top six to eight inches of soil. Rake smooth.

Now, with a stake or twig and a ruler, mark off the rows. Starting six inches in from each 8-foot side, mark off eleven foot-wide rows along the 12-foot side. This will leave another six inches at the other end. Both six-inch margins will allow room to cultivate around plants in the first and last rows. You now have eleven 8-foot-long rows—six odd-numbered rows for plants (1 through 11) and five even-numbered rows for footpaths (2 through 10). Most planting will be done in the center of each foot-wide planting row. Be sure rows run from east to west so the taller, staked vegetables will be at the north end. That way, they'll cast the least amount of shade on other rows. Ideally, the garden should get full sun all day and be reachable by a garden hose. The garden will need an inch of water weekly; if there's no rain, irrigate.

Before planting, set stakes (for peas and tomatoes) in Row 1 at Foot 0, 2, 4, 6 and 8 (measuring along the 8-foot side), and in Row 3 at Foot 2, 4, 6. The stakes should extend at least



six feet above ground. Rake soil smooth and you're ready to plant.

Like vegetable gardens in general, the salad garden has three seasons—spring, summer and fall. Greens and root crops grow best in the cooler spring and fall. Peppers, cucumbers, tomatoes and basil need warm soil, warm nights and 70°–80° F. days to thrive. But there will be no abrupt harvest of the entire spring garden or a brand- (continued on page 52)

Above, an artist's interpretation of the mature summer garden, showing the six planting rows with footpaths in between. Note herbs between rows 3 and 5 (dill) and between 5 and 6 (basil). For both, scatter seeds generously. For dill, reseed every thirty days; for basil, thin to four plants per hill. Never let flower heads form.

Complete planting chart is outlined, row by row, next page.



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## Skillet Scalloped Potatoes and Ham

- ½ cup chopped onion
- 1 tablespoon vegetable oil
- 2½ cups water
- ¾ cup milk
- 1 package Betty Crocker® Scalloped Potatoes
- 2 cups cubed cooked ham
- ½ teaspoon paprika
- 1 package (9 ounces) frozen cut green beans, thawed
- 1 cup shredded Cheddar cheese

Cook and stir onion in oil in 10-inch skillet until tender, about 5 minutes. Stir in water, milk, Sauce Mix, potatoes, ham and paprika. Heat to boiling, stirring constantly. Reduce heat; cover and simmer, stirring occasionally, until potatoes are tender, 15 to 20 minutes. Stir in green beans and cheese. Cook until beans are heated through and cheese is melted, about 10 minutes. 5 or 6 servings.

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# THREE-SEASON SALAD GARDEN

Each of the six planting rows in our 8x12-foot salad garden is a foot wide, each has its own season—spring, summer and fall. Make maximum use of space by “intercropping” as the chart indicates. Paths between rows are also a foot wide, but become crowded as plants mature.

	SPRING	SUMMER	FALL
1	<b>SUGAR SNAP PEAS</b> —Sow early and thickly, one inch apart in six-inch-wide band down the middle of the row on one side of the stakes. Cover seeds with sand or compost. Water. Sugar snaps climb to six to eight feet so they need support. I string baling twine a foot apart horizontally between poles. Chicken wire is good, too. As pods develop, pick often to keep them coming. Eat pod and all, or shell as regular peas.	<b>TOMATOES/ONIONS</b> —In mid-May (while peas are still young) plant tomato seedlings on south side of poles at Foot 2, 4 and 6. Enrich holes with rotted horse manure and plant deep for good root development. As tomatoes grow, pinch out all but two stems and tie to stakes at one-foot intervals. As peas wane, prune out and compost the vines. Plant onion sets between staked tomatoes.	<b>LETTUCE</b> —A month before frost, thickly sow lettuce—Bibb, Boston, Salad Bowl—among tomatoes. Use these closely planted seedlings for transplants elsewhere. If weather is dry, water weekly. Keep thinning to get six to eight inches between plants. Given some protection, greens will live through 30°F. weather and light frost.
3	<b>CABBAGE/ONIONS</b> —Plant cabbage seedlings at Foot 1, 3, 5 and 7. Place bottomless paper cups or waxed dairy cartons two inches in ground around each plant to protect from cutworms. Plant onion sets deep and an inch apart between the cabbage plants and stakes (to support climbing tomatoes later). Pull onions as needed for green onions. Refrigerate a pound of sets for plantings in empty spaces through summer and fall.	<b>TOMATOES/LETTUCE</b> —Repeat Row 1 tomato planting. After cabbage is harvested, fertilize again and scatter lettuce seed in vacant spaces among staked tomatoes. Leafy, climbing tomato vines will shade lettuce from summer sun. Slo-bolt, Oak Leaf and Salad Bowl are good heat-resistant varieties.	<b>LETTUCE/ARUGULA</b> —Continue to harvest lettuce and reseed vacant spaces with more lettuce and spicy arugula (also called rocket). As days get cooler, tomatoes stop growing; pick green fruit for indoor storage and ripening. Prune vines at ground level, pull up stakes and transplant arugula seedlings into empty spaces.
5	<b>SPINACH/FENNEL</b> —Sow spinach in half the row, from Foot 1 to 4; sow fennel from Foot 5 to 8. With both, sow seeds an inch apart in the middle of the row, and then make two more rows six inches on either side of middle row. You'll wind up with three short rows each of spinach and fennel. Thin seedlings (use for salads) until plants are spaced three to five inches apart. Use before warm weather as heat makes both go to seed.	<b>PEPPERS</b> —In mid-May set out pepper plants at Foot 2, 4 and 6 among maturing spinach and fennel. When peppers flower, feed them with liquid fertilizer—15-30-15. Pepper blossoms fall off when temperatures are consistently in the 90s. Mist-watering twice a day helps prevent this. Sow lettuce and/or onions between plants as space opens up.	<b>CABBAGE/RADISHES/ONIONS</b> —Six weeks before first anticipated frost, set out cabbage seedlings among pepper plants. Keep cabbage growing rapidly with weekly watering; feed twice monthly with liquid fertilizer. After frost, prune peppers to ground level; plant radishes and onion sets (for green onions) in vacant spaces.
7	<b>ONIONS</b> —Buy small sets; push into soil an inch apart so pointed tops barely peek out. Plant three parallel rows six inches apart. When green leaves are six inches high, pull every other plant for green onions. Later pull every second plant (or those with seed stalks) for small slicers; remaining will mature for dry onions. As they fatten, move soil away from bulbs with finger.	<b>PEPPERS/LETTUCE</b> —Repeat as in Row 5. Make room for pepper plants by removing onions at Foot 2, 4 and 6. Let other onions grow to maturity. After onions are harvested, lettuce goes in spaces among pepper plants.	<b>LETTUCE/ENDIVE/ESCAROLE</b> —Four to five weeks before anticipated frost, sow lettuce, endive and escarole among pepper plants. When peppers are removed, transplant seedlings to vacant spaces. Plant them three inches apart; thin to six inches. Tent a pair of old storm windows or plastic over greens to extend harvest.
9	<b>CARROTS/RADISHES/LETTUCE</b> —Mix carrot and radish seeds together; sprinkle in foot-wide band in half the row. Pick radishes in 30 days to make space for fattening carrots, which need one to two inches between plants. Lettuce goes in other half of row—sow loose-leaf varieties in three rows, six inches apart. Salad Bowl, Ruby and Oak Leaf are a good combination. Thinned seedlings can be transplanted elsewhere in the garden or used in salads.	<b>CUCUMBERS</b> —Use the compact, vineless, bushy type. Make room among carrots and lettuce at Foot 2, 4 and 6. Mix a shovelful each of rotted manure and sand with soil. Plant five cucumber seeds two inches apart on each hill plus a scattering of radish seeds. (Radishes attract cuke-chewing flea beetles.) Thin cukes to two plants per hill. Keep harvesting carrots and lettuce.	<b>CABBAGE/RADISHES/ONIONS</b> —As cucumbers wane, uproot plants, clean row, fertilize and set out six cabbage seedlings 15 inches apart. Cabbage worm pest is easily eliminated by spraying plants with organic control <i>Bacillus Thuringiensis</i> . Plant radishes and onions in spaces among cabbages.
11	<b>BEETS/PARSLEY</b> —Beets like sweet soil, so sprinkle a few handfuls of lime or wood ashes in row before planting. From Foot 1 to 4, plant seeds one inch apart in three parallel rows six inches apart. Thin to two inches. When leaves are five inches high, use greens in salads or cook. Pick beets when golf-ball size. At Foot 5, 6, 7 and 8, scatter a pinch of parsley seed soaked for 24 hours (speeds germination). Thin to three plants per clump.	<b>BEETS/PARSLEY</b> —As beets are harvested, drop more seeds in vacant spaces to keep supply coming. Beet tops are a good addition to mixed salads. Harvest parsley as needed and give plants a boost with liquid fertilizer.	<b>BEETS/PARSLEY</b> —Both are hardy and can take light frosts, but harvest beets before hard freeze. Make tent of wire fencing and plastic to protect parsley; it will live through winter and resume growth in spring.



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# How to get Dad to put down the sports page.



## Hershey's Easy-Does-It Recipe #3

### Fudgy Brownie (Mixes in 5 minutes!)

$\frac{3}{4}$ cup Hershey's Cocoa	2 cups sugar
$\frac{1}{2}$ teaspoon baking soda	2 eggs
$\frac{3}{8}$ cup vegetable oil	1 $\frac{1}{2}$ cups unsifted all-purpose flour
$\frac{1}{2}$ cup boiling water	1 teaspoon vanilla
(measure accurately)	$\frac{1}{4}$ teaspoon salt

(1) Stir cocoa and baking soda in mixing bowl. (2) Blend in  $\frac{1}{8}$  cup vegetable oil. (3) Add boiling water; stir until mixture thickens. (4) Stir in sugar, eggs and remaining  $\frac{1}{8}$  cup vegetable oil; stir until smooth. (5) Add flour, vanilla and salt, blend completely. (6) Pour into lightly greased 13 x 9" baking pan or two 8" square pans. Bake at 350° for 35 to 40 minutes for 13 x 9" pan, 30-32 minutes for 8" square pans. Cool; frost, if desired.



**If your family's  
crazy about chocolate.**

new replanting of the summer garden. Instead, the garden will go through a gradual transition with two (maybe three) different vegetables growing in the same row at the same time. By intercropping different vegetables in the same row you get maximum production from limited space.

For example, in the Northeast, tomato seedlings can go out in the garden safely after May 15, at about the time that sugar snap peas are producing heavily. There's no need to rip out the still-bearing pea vines. Let them continue to grow, but plant the tomato seedlings alongside the stakes that were set out when the garden was started. Early, tomatoes concentrate on making roots and don't need much above-ground space, so peas and tomatoes can grow side by side. As the crop of snap peas wanes in June, vines can be removed, which is about the time tomatoes are making good upward growth and need more room.

What to plant in the salad garden in the spring, summer and fall is shown in the chart on page 50. These salad vegetables are my choices; you may well have others. If you like three-bean salad, for instance, omit one of the pepper rows and plant green and/or wax beans instead. If you don't like fennel but love spinach, delete the one and double up on the other.

Where you live is another factor that determines the makeup of the salad garden. Because of climate extremes in various parts of the country, changes may have to be made in when and what to grow. If you're new to gardening, go to your local county extension office and talk with the experts there. They know your area and can advise you on which salad vegetables to plant and the best time to plant them.

### Vegetables in the salad garden

With a few exceptions, specific varieties of vegetables are not given in the chart because seed stores and plant markets do not carry every named variety of every seed company. One seed company calls a vineless bush cucumber Bushmaster; another calls it Spacemaster or Bush Whopper.

**Spring garden:** Sugar snap peas, cabbage, green onions, spinach, fennel, carrots, radishes, lettuce, beets, parsley.

**Summer garden:** Tomatoes—Sun Ray (yellow) and Early Cascade, lettuce, dill, peppers—Gypsy and Bell, basil, dry onions, cucumbers (bush type), beets, parsley.

**Fall garden:** lettuce, arugula, cabbage, radishes, endive, escarole, green onions, beets, parsley.

**End**



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**F**ind out what it means when devoted couples yawn instead of yearn—and discover how to keep sexual vitality in your relationship.

## Can You Really Be Too Tired for Sex?

**T**hursday was not a good day for Sandra Kruger, wife, mother and a lawyer for a bank in a Midwestern city. It started off badly at 6:30 A.M., when she was reduced to spreading peanut butter on crackers for the kids' lunches because her husband had forgotten to buy sandwich fixings the day before when he did the shopping. She had to rush to make a 7:45 meeting with her assistant, followed by a staff meeting—neither of which went particularly well.

She came home late to an exasperated baby-sitter and a flaming argument between the children, which she managed to extinguish by doing what she had sworn she would never do—turning on the television. While she and her husband, Sam, made dinner together she gave him a rundown on her whole grisly day, and then she gave him an extra hug

when he volunteered to get the kids to bed, so she could dig right into the paperwork that had to be done before she could turn in.

By then it was sometime around one in the morning and she barely had the energy to brush her teeth. She was just drifting into a sweet sleep when Sam reached for her. She stifled a groan.

She *wanted* to say, "Not tonight, honey," but she didn't because she had said that the night before—and the night before that—and she just couldn't bring herself to turn him down again.

When couples like Sandra and Sam—people with solid relationships who regard themselves as happily married—find that their busy lives allow them too little time or energy for sex, they worry. They know that sex is often a kind of barometer, signaling changes in marital weather patterns. They've read that the

average number of times people their age have sex is 2.55 per week. If a couple is down to twice a month at best, they begin to wonder what's wrong with them. They want to know if, under the circumstances, what is happening to them is normal. They would like to know if it is okay, sometimes, to be too tired for sex.

"Sex is like a number of lovely, enjoyable activities that we don't have time for—like reading, for instance," says Elizabeth Mayer, an associate professor of psychology on the staff of Mt. Zion Hospital in San Francisco. "Those kinds of things tend to get sacrificed."

Other therapists make the same point: Many people put sexual pleasure at the bottom of their list of priorities, something to do the last thing before going to sleep at night. For all the talk about the importance (*continued*)

By Shirley Streshinsky



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of sex, in practice many people treat it as if it were expendable. It does not seem nearly as important as, say, worrying about a problem at the office, finishing a project, or even getting enough rest. Yet, when one partner uses "too tired" as an excuse night after night, it's time to find out why. Can one *really* be too tired for sex?

Once in a while, of course, a person may be truly exhausted, but generally, according to Dr. Evelyn Gendell, director of the Human Sexuality program at the University of California Medical School in San Francisco, "Interest in and desire for the enjoyment of sex does not have a lot to do with whether or not a person is tired." A physical reason is rarely the underlying cause when a husband or wife or both are too tired too often.

But if the body is willing, the mind often is not. That's why therapists tend to speak of *stress* rather than fatigue as the root cause of the too-tired-for-sex syndrome. It is often difficult to know if you feel tired because you've only gotten five hours sleep, or because of something that is on your mind. When an individual is under stress, therapists point out, sexual responsiveness is one of the first things to be affected.

The woman who tries to balance the demands of children, husband, job and household responsibilities is attempting to fill several often conflicting roles. Pamela Faust, director of the California Commission on the Status of Women, believes that while the pressures on women may not be greater than they were for earlier generations, they are different. "The multiplicity of roles today is undeniable," she says, adding that while there have always been exceptional women who could handle all those roles with relative ease, "More is being expected today of the average woman." More often than not, her reaction to the very real pressures of daily life is a crowded feeling, a sense that there isn't time for everything. *Something* has to give and, very often, it's sex.

#### A reservoir of resentment

Yet while stress may explain why women yawn rather than yearn, each case is different. There is no one pattern that applies to all women. For example, it took a while for Sandra to trace the cause of her loss of interest in sex. She knew she should be grateful that Sam did a lot more than most men do around the house, but even when he did the weekly shopping, she had to check to make sure he hadn't forgotten some of the essentials. And yes, he did occasionally offer to get the children to bed so she could work all evening, but she did the same for him—with no thanks expected.

All of which meant that deep down, in some dark recess of Sandra's being, a hard little knot of resentment had been festering. She had begun to see sex as just another demand she was expected to meet. She was also thinking ahead to the next day at work and wondering how well she would be able to function on just five hours of sleep, not counting time out for sex.

To complicate the problem, Sandra was so caught up with the multiple demands of her own world that she gave little thought to Sam. The only opportunity she had to find out how he was feeling was while they were preparing dinner together. And she used that time to vent her own frustrations. She had not asked herself why Sam would reach for her three nights in a row. Was it possible that he felt sex might be comforting to her? Could it be that he needed sex for reasons she could not fathom? When she finally asked herself those questions, she understood how oblivious to Sam's needs she had been, and the realization gave her a sinking sensation. Clearly, this loving couple, usually so in tune, were missing each other's signals.

## Tickle their noses with Duncan Hines® Blueberry Muffins

Ahhhh! The nose-tickling aroma of fresh-baked Duncan Hines Muffins. Blueberry Muffins bursting with real blueberries. And since you bake them fresh, they're moist and delicious. Bake a batch and see.



Try Duncan Hines®  
Muffins too...with natural wheat bran!



needs from the other is a common mistake couples make. Sex can be an expression of unspoken needs as well as a means of relating in and of itself. Dr. Lonnie Barbach, a psychologist who has written several books on human sexuality, points out that "men in this culture are taught to be totally competent in or out of bed. They are not supposed to need anything." That's why, for some men, the only way to get the nurturing they need is to be held. They may feel totally deprived when their wives plead fatigue. For other men, unable to express themselves with words, sex may be the only way they can find intimacy and sharing.

#### Other problems

Diminished desire for sex, however, sometimes reflects a problem that has little to do with the marital relationship. Six months after her hysterectomy, Joan Rogers, a pretty woman in her early forties, had recovered completely and was feeling healthy and energetic. Yet, when her husband wanted to make love, she still turned away, saying she was too exhausted.

Later, Joan admitted she had been using "tired" as an excuse to avoid an intimacy that frightened her. "My stomach was badly scarred," she said, "and I felt I wasn't an attractive woman anymore. Also, I felt somehow incomplete and I was sure my husband couldn't possibly find me sexy. I thought he was just trying to be kind."

"The essence of good sexual functioning is a positive self-image," says Dr. Ellen Frank, assistant professor of psychiatry at the University of Pittsburgh School of Medicine. "Unless people feel good about themselves, they cannot get 'turned on,' and it's very difficult to be open and vulnerable in relation to another person."

Joan was lucky to have a husband perceptive enough to detect her feelings of inadequacy and to help her overcome them. Her husband's loving support helped Joan feel better about herself and the couple's sex life soon improved.

After fifteen years with the same firm, accountant Ken Walters was expecting a promotion, but it went to another man. Ken's confidence took a nose dive and his sex drive went along with it. A feeling of being "less of a man" carried over into his ordinarily fulfilling sex life, causing him to roll over and go to sleep instead of making love with his wife.

In a long talk with his wife, Ken discovered that she was actually *relieved* he hadn't been promoted. She was afraid that the new job would require late evenings at the office, which would cut into family time. She enjoyed her own job, she told him, and didn't feel he had to make enough so she could stay home. His wife's support and approval helped Ken handle his disappointment and restored the couple's happy sex life.

#### A matter of habit

Pleading fatigue can be symptomatic either of one person's private problems or of unresolved difficulties between partners—or it can be no more than the result of bad habits, or of falling into a routine that doesn't provide time to be alone together. Dr. Gendell describes one couple who came to her because their sex life had been perfunctory for a number of years. It turned out they gave the television set more undivided attention than they gave each other.

The routine this couple had established went like this: At ten o'clock each night he switched on the news and she went up to bed to read. At eleven, when he turned in, she was fast asleep. It wasn't until they confronted each other in Dr. Gendell's office that the wife told her husband, "I kept hoping you'd turn off the television and come to bed with me." He was amazed at her confession because, he said, all along he thought she went to bed because she was too tired for sex. For nearly a

(continued on page 62)



## Tickle their noses with Duncan Hines® Bran Muffins

**M**mmm! The nose-tickling aroma of fresh-baked Duncan Hines Muffins. Bran Muffins, made with natural wheat bran. Deliciously sweet. Touched with molasses. And since you bake them fresh, they're moist and delicious. Bake a batch and see.



Try Duncan Hines  
Blueberry Muffins too... with real blueberries!





"I feel like my skin is better with Dove. It's softer."



"I thought my face was always going to be dry...until I tried Dove. I was shocked at the difference."



"With soap my skin was very, very dry. But not with Dove."



"Soap leaves my face dry and ashy. Whereas Dove moisturizes it and makes it glow."



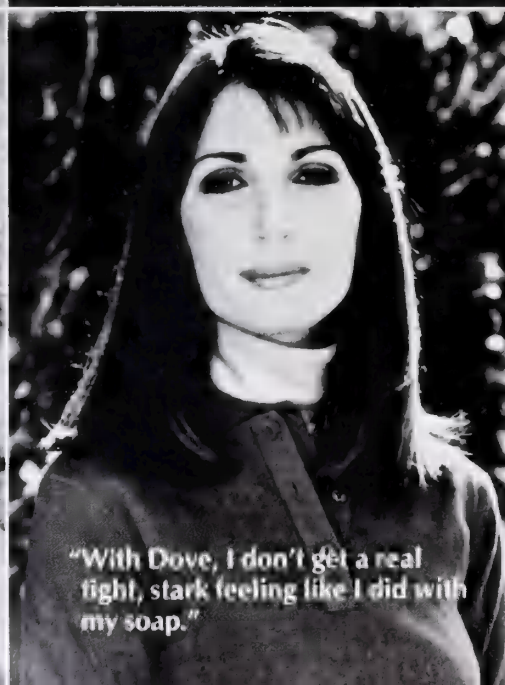
"My soap was drying my skin. Dove left it creamy smooth."



"Soap dried my skin. Dove made it softer. I wish I'd started using Dove when I was 25."



"When I used Dove for 7 days instead of my soap, I didn't get the flakies."



"With Dove, I don't get a real tight, stark feeling like I did with my soap."



"After 7 days of Dove, my boyfriend told me my skin felt softer than before."



# Why are you still using soap when women from Scranton to Sacramento will tell you Dove is better?

There is no question about it.

Dove® is better for your face than soap.

Ten years of clinical tests have  
proved it to be a scientific fact.

These women proved it  
for themselves after giving up soap  
and using Dove for just 7 days.

You see, soap dries your skin.

It strips away your skin's natural  
moisturizer.

It cleans your face—dry.

But Dove is not a soap.

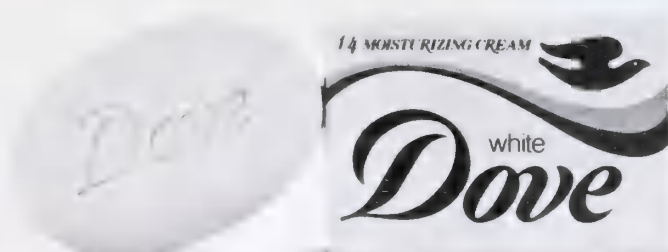
It's made quite differently with  
 $\frac{1}{4}$  moisturizing cream.

Instead of drying your skin, it keeps  
it softer, smoother.

Try Dove instead of soap for just 7 days.

And prove it for yourself:

Dove is better because it doesn't dry like soap.





# Only one ultra light cigarette





**ives you the Merit taste idea.**



# **MERIT**

# **Ultra Lights**

## **Kings & 100's**

© Philip Morris Inc. 1982

Reg: 4 mg "tar," 0.4 mg nicotine—100's: 5 mg  
"tar," 0.5 mg nicotine av. per cigarette by FTC method

**Warning: The Surgeon General Has Determined  
That Cigarette Smoking Is Dangerous to Your Health.**



decade, out of politeness and what seemed to be concern for the other's comfort, this couple had managed to avoid each other almost altogether. Fortunately, the couple did have a strong relationship to build on, and they were able slowly to change their old patterns.

### Myths about sex

Too many couples fall into routines in which sex is put on the back burner, unconsciously giving lovemaking a low priority. Their relationships are based on their children, their homes—their years of shared experiences. Some couples even seem to feel it is somehow not quite appropriate to be so interested in sex after many years of marriage. After all, they tell themselves, we aren't newlyweds anymore; we should act our age. Sex, of course, is important at any age. Sharing a satisfying sex life helps improve even the most solid of relationships—whatever the age of the partners.

Another prevalent myth is that "sex can't be exciting. After all these years, the thrills are gone." Dr. Frank points out that people often fail to distinguish between *exciting* and *satisfying*. True, the elements of surprise and newness may have diminished over the years, but as couples grow to know each other better and better, sex can become more satisfying—both emotionally and physically.

Naturally, each relationship offers its own complexities. Sometimes a wife, deeply involved in the often exhausting job of raising children, is content to have sex less often, according to Dr. Barbach. "You have to see how the husband reacts to that and how it is going to affect their relationship. That is always the issue. If she is tired and he is tired, and they both agree it is fine to have sex less often, who's to argue?"

As long as both partners are satisfied with their sex life, there is no problem. Several years ago, the *New England Journal of Medicine* published a survey by Dr. Ellen Frank of one hundred couples described as "well-educated, comfortable people who believe their marriages are working." Two percent of the couples surveyed *never* have sex; eight percent reported less than once a month; twenty-three percent, two or three times a month; twenty-four percent, once a week; thirty-one percent, two or three times a week; twelve percent, four to five times a week; and one percent, daily. And all of these couples described themselves as happy.

Still, most couples would prefer to find time for a full and relaxed sex

life. One couple found an appealing way of solving this problem. Instead of turning away from her husband, the tired wife turned toward him, murmuring that, much as she loved him, her hectic day had completely worn her out. After setting the alarm clock for an hour earlier, they cuddled close and fell asleep in each other's arms. The next morning, they woke up early and made love before breakfast.

This solution works when couples are able to share their thoughts, worries and desires with one another. They need to plan their schedules to include time for sex. True, scheduling time for intimacy may seem somewhat calculating and unromantic. But you probably don't think twice about planning in advance for an afternoon at a museum, or ordering theater tickets before going to a show. If you deliberately plan ahead for these pleasures, it makes a lot of sense to allow time to share the beauty and warmth of sex with the person you love.

The idea that spontaneous sex is better than scheduled sex is just not so, according to therapists. Lovers, for example, often have to schedule their intimate moments, and this lack of spontaneity doesn't inhibit their passion. Sex that is arranged in advance can even be more experimental and more fun. Dr. Barbach's book, *Shared Intimacies*, offers some ideas on planning sex creatively. One woman made a "date" with her husband, arranging to meet him at a Near Eastern restaurant that featured a bellydancer and had a thoroughly sultry, seductive at-

mosphere. After dinner they went home to bed—but not to sleep. Another couple with school-age children found their evenings crowded, so they began to make dates with each other to meet at home for lunch—and lovemaking.

### Choosing to find time

A couple can *choose* to find time for lovemaking. They can agree between themselves, for example, that it is all right if one wakes the other during the night. They can send the kids to a Saturday matinee, take the phone off the hook and enjoy each other's undivided attention. They might even consider turning their own night at the movies into an evening at a motel—the overtones of assignation may even add to the pleasure. Instead of going to the seashore with the Smiths, as they have for the past sixteen years, they can spend their vacation alone.

The main thing is that a couple acknowledge that sex is important and find the leisure to be able to feel loving and intimate. They should understand the value of tending to their personal as well as professional needs and the necessity for balance in their lives. Because no one can stay on an even keel all the time, there will always be an occasional night when one or the other is too tired to respond sexually, when all he or she wants to do is go to sleep. But if "Not tonight, honey" becomes a refrain, it could mean that the pair needs to get their balancing act together. **End**





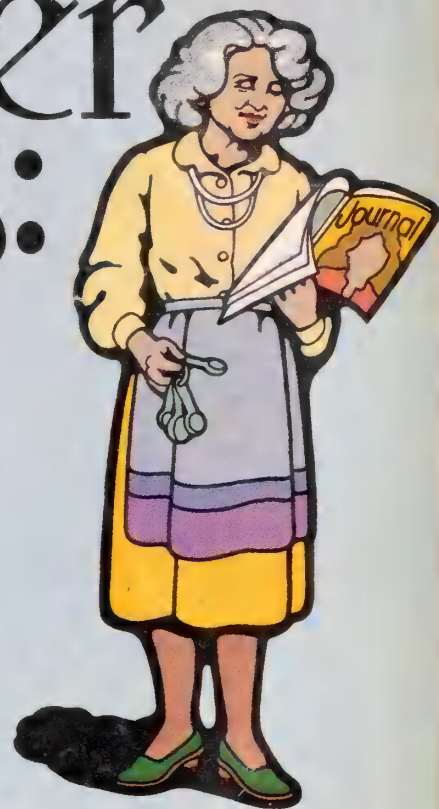
# How to Remember Mamas:



"I take five minutes every morning to keep in shape—and to keep up with the JOURNAL!"



"Mothering's been a lot easier since I started sampling the JOURNAL's sound advice."



"Thanks to the JOURNAL, I've become an old hand at preparing the 'new' cuisine."

When you were growing up, do you remember how Mom always seemed to be there when you needed her most? She made it all seem so easy and extraordinary and exactly "right." Well, now you can say "thanks for everything," with an extra-special gift for your extra-special Mom....

...It's LADIES' HOME JOURNAL for Mother's Day. The thoughtful gift that sends a lot of love for a little money—just \$9.97 for a full year. That's a savings of \$2.00 off the regular rate and over \$8.00 off the cover price! Best of all, you'll be sending 12 timely issues filled with articles, ideas and information *every* mother can use—even if her kids are grown. Like how to juggle a job...manage a marriage...handle a household—and still make it all work together. Plus, movie and book reviews, insightful interviews, easy-to-do exercises and exciting-to-make recipes. In fact, everything a woman needs to keep herself going—and growing—from day to day.

And if there are other mothers on your gift list

(perhaps an aunt? a mother-in-law? even a mother-to-be?), they'd be sure to enjoy the JOURNAL's fascinating reading and fabulous ideas, too. *What's more, you save an extra dollar on each additional gift!* (Can you think of a more worthwhile present for just \$8.97?)

Not to mention that you'll receive an attractive card to announce each subscription personally. But if you can't wait to watch their eyes light up, we'll enter your gifts now—right over the phone! **Just call in your order to 1-800-247-5470 toll-free.**

So, this year, remember the mothers in *your* life with LADIES' HOME JOURNAL. It's the gift they'll be sure to remember *you* by, all year long.

(P.S. Of course, you don't have to be a mother to love the JOURNAL. Why not favor your friends with a subscription, as well?)



## LADIES' HOME Journal

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J9S16

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Each additional gift is just \$8.97! Just use a separate sheet of paper for the additional names and addresses, and mail to the address below. You'll receive attractive cards to announce each gift that you give.

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Allow 8-10 weeks for the first gift issues to arrive.

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Cut along dotted line and mail today!



# Beauty Journal

April showers you with fresh ideas for spring . . .  
creative tips for beautiful feet . . . a parade of new makeup  
colors . . . spruce-ups for your cosmetic kit.

## Sweet colors of spring

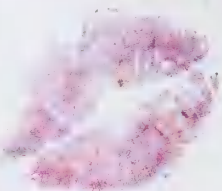
Breezy, easy spring! Get ready to pack up your winter-darks and think light. The newest look in makeup is sheer and romantic. You'll be seeing more old-fashioned cameo tones . . . rose, lilac and champagne. Tender shades that create a porcelain quality on the skin . . . all in a delicate "wash" of color. There's still some shimmer . . . with touches of golden tints. Color comes on stronger for the eyes, yet stays in the pastel range . . . sky blue, violet (such as the streaks shown here) and sunflower yellow. Biggest change: a much paler look for lips and nails, more below . . .

Lipsticks glide on with the lightest shades in many years: lavender (shown),

honey, even a creamy, dreamy white. If the pales don't work for you, opt for brighter pastels in the tutti-frutti colors of nectarine, raspberry and kumquat.

You're blushing! Apply just enough color over cheekbones to look like a real flush of "blush," and you'll capture this season's fragile look. Try opalescent shades for added excitement: peach for day (shown), gold for night.

Fingernails make news with either innocent nudes (skin tones) or the more provocative pastels (orchid, shown, casaba, caramel). Or for a different stroke, experiment with shades of white (cream, pearl, snow).



Thea Kuros

## Foot-steps

**Q** No matter how often or vigorously I clean the bottoms of my feet, they always seem to be dirty. I'm afraid the soil is permanent. Also, the skin is dry and cracks painfully at the heels. What can I do to get my feet in shape?—C.G., Charlottesville, Va.

**A** There are several ways to get your feet back in clean, smooth condition. First, a treatment to help erase the "dirty" problem. • While in your bath, soak feet for 15 to 20 minutes. Add two tablespoons of baking soda to sudsy water to provide extra softening. Next, slather a pumice stone with soap. (This is essential; a non-soapy pumice won't clean as effectively and an ordinary face

cloth isn't abrasive enough.) Then, firmly rub the soaped-up pumice on heels, bottoms and sides of your feet. Make this procedure a regular part of your beauty regimen and walk away with baby-clean feet. • Take advantage of skin that's still damp after a bath or shower to help cure the drying and cracking problem. Generously coat feet with moisturizing lotion to seal in water; cover with cotton socks and slip into sneakers or slippers. For an overnight treatment: Leave socks on until morning, letting the cream work while you sleep. Surprisingly, the socks won't get too messy; normal laundering cleans them right up. • If the soles of your feet are still callused, consult a podiatrist.

## Off to a fresh start!

Reach into your makeup case and . . . uncap the eyepencil, twist up the lipstick, pull out the mascara wand. If what you find is a worn down pencil tip, the tiniest nub of lip color and a cake-y wand, then it's definitely time for spring cleaning! • First, get right to the point of eyepencils that still have color to spare, with an eyepencil sharpener. (Available at any makeup counter or 5 & 10.) • Farewell to the colors you loved last fall/winter; treat yourself to new spring shades of makeup (pastels, shown left). • Toss out old mascara without batting an eye. After six months, mascara tends to accumulate bacteria that may cause eye irritation. • Case dismissed? Take a critical look at your makeup case; is it soiled and stained? Most are, after a season or two. Complete your fresh start for spring with a new cosmetic case. Watch for cosmetic companies' special offers; sometimes they include a makeup case . . . for less.

## At the beauty counter

Beauty innovations are coming up roses this season, so we went ahead and picked the best. • Flick, brush and sponge your way to model-perfect makeup with professional grooming and applicator tools. Makeup Mates by Cover Girl, from \$1.50 to \$5.50. • Deserving applause—eye color in a wand that stays on through a tennis workout or 9-to-5 day without fading or smudging: Waterproof Shadowmaker by Max Factor, \$3.50. • Look like a million . . . for a bargain. Dorothy Gray skin-care cleansers and toners are now on sale at a once-a-year low price. Two of our favorites: Orange Flower Skin Freshener for normal to dry skin, 12 oz., regularly \$7.95, now \$5.75; and Medicated Refining Lotion for oily skin, 12 oz., regularly \$8.65, now \$6.25. • A breath of fresh air. Germaine Monteil's Country Potpourri Stonecraft Candle, in a ceramic holder, \$23.50. Introductory offer: small candle, \$3.50.





# SWEET REVENGE FOR DIETERS.

Get back at those little between-meal hunger pains. Whip up a tall, cool Alba'77 Fit 'N Frosty.

There's nothing else quite like it. Alba'77 Fit 'N Frosty dairy drink mix whips up deliciously thick and rich like a milkshake. So much more satisfying than your usual diet snacks. But there's only

70 calories in a big 12-ounce serving.

Try Alba'77 in Chocolate, Chocolate Marshmallow, Vanilla or Strawberry. And try it often.

Revenge never tasted so sweet.

## SAY ALBA.<sup>®</sup>



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# Bounce keeps clothes smelling fresh from washday to wear day.



## A whole week of one-of-a-kind Bounce freshness!

You don't always wear your clothes the same day you wash them. So it's nice to know that Bounce® Fabric Softener has a unique fresh, clean scent that keeps clothes smelling fresh for a whole week in the drawer.

## Bounce clothes are soft and not clingy.

What's more, Bounce gives your clothes terrific softness and unbeatable static cling control.



## Sears packs Bounce in every Kenmore dryer.

This Sears Kenmore dryer has a solid state automatic sensor that "feels" the moisture in clothes and electronically prevents overdrying or underdrying.



Bounce has agreed with dryer makers to supply Bounce samples packed by them and to feature their dryers in Bounce advertising.

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**THE NEWLYWEDS**



**CUTTING THE CAKE**



**A TOAST WITH**

*You Are Cordially  
Invited to Recapture  
the Joy of Your  
Wedding Day*



# "I do I do"

By Judy Klemesrud



I LOVE YOU

**N**owadays more and more couples are making a return trip to the altar to renew their marriage vows. This exciting trend is good news about the power of love and commitment.

At exactly 5:10 P.M. on a sunny but crisp Saturday last fall, Gordon and Joan Miller renewed their marriage vows in the same picturesque red brick church where they were married thirty years ago. This time the bride wore dove gray instead of white, and the groom wasn't nearly as nervous as he had been on the first occasion, when he knew he would have to leave for the Korean War three days after the ceremony.



**GET ME TO  
THE CHURCH  
ON TIME!**

The act of repledging their love and commitment had special meaning for the Millers of Haverhill, Iowa (population 200). "We're just simple folks," says Joan (pronounced Jo Ann). "We weren't trying to show off or prove anything. We thought it would be a good example for our children. There are so many problems in the world today, and I don't feel young kids are giving marriage a fair try."

The Millers' five grown children were among the nearly two hundred relatives and friends who filled the Immaculate Conception Church for the ceremony. Two members of this Roman Catholic church played guitars and sang the hymn "The Prayer of St. Francis." Then Father Maurice Scallon, dressed in a brilliant olive-and-scarlet satin robe, delivered the moving sermon:

"True love in marriage is a commitment," he said. "Every broken marriage is a failure to love. Marriage, home and family, despite all the bewilderment in our world, are still where we find love at its best. Devotion to spouse and family make people great in the hearts of their family and great in the sight of God. The world is swarming with people who never learned this—so are the divorce courts."

Then, gesturing toward the Millers, who were sitting in a front-row pew, Father Scallon added, "They realized great love and commitment in their lives. That is why we are rejoicing and celebrating with Gordon and Joan today."

Hand in hand, the Millers walked to the altar. First Joan repeated after Father Scallon, "I, Joan, reaffirm my marriage vows of thirty years, and rededicate myself, in the same spirit that I once took you, Gordon Miller, for better for worse, for richer for poorer, in sickness and in health, 'til death do us part." Then Gordon did the same.

Father Scallon smiled and nodded, and the Millers kissed each other passionately, causing some onlookers to chuckle. After the Mass was celebrated, Gordon and Joan were pelted with rice as they left the church. They broke into laughter when they saw that some friends had tied tin cans on the bumper of their



1974 Mercury and on the side had hung a sign labeled: "Just Remarried."

At their white frame farmhouse, Gordon, 51, and Joan, 52, celebrated with their guests until two A.M. Both of their mothers were present, as were their original best man and maid of honor. Joan's older sister, Doris, had driven 750 miles from Plano, Texas, to be there. Many of the aunts, uncles, nieces, nephews and assorted friends brought gifts, the most popular being thirtieth anniversary plates for Joan's extensive plate collection. Friends from the church and Joan's bowling league had set up a bar and prepared a lavish spread of hearty home-cooked food that included ham sandwiches, baked beans, potato salad, cole slaw and, of course, a wedding cake.

The highlight of the party came when Joan tried to squeeze into her original lacy wedding gown. The zipper would not close, and she displayed several inches of exposed flesh in back. "I'm thirty percent bigger today than I was when we got married," she told her guests to much laughter. "That's why Gordon remarried me—to get the other thirty percent."

#### An ecumenical trend

Like the Millers, an increasing number of couples across the country are saying "I do" for a second time. While the act of repledging the wedding oath isn't new and no statistics on the practice have been kept, interviews with priests, ministers and rabbis indicate that the renewal of marriage vows is a rapidly growing trend among all three major religions in the U.S. The ceremonies themselves vary, and participants sometimes write their own. But in the Episcopal Church's Book of Occasional Services, an official ritual called "Anniversary of a Marriage" was included in

1979 because of the increased popularity of wedding renewals.

The practice, however, seems to be most common among Roman Catholics, who were at the vanguard of the Marriage Encounter movement. During a Marriage Encounter weekend, couples learn how to communicate better

with each other, and they attend a religious service where they are asked to renew their vows. Since its introduction from Spain in 1967, the Marriage Encounter experience has spread to the Jewish faith and to such Protestant denominations as Lutheran, Methodist, Presbyterian and United Church of Christ, according to Diane Campbell, a spokeswoman for Worldwide Marriage Encounter. Campbell estimates that one and a half million couples have taken the marriage pledge during weekend sessions.

The renewal, or reaffirmation, of vows has become so popular that it has even appeared on television. Two soap opera stars, Bill Hayes and Susan Seaforth Hayes, who play the happily married Doug and Julie on *Days of Our Lives* and (continued on page 123)



*Mr. and Mrs. Gordon Miller  
Request the Honor  
of Your Presence at  
a Very Special  
Celebration*



**IT SEEMS LIKE  
JUST YESTERDAY!**



quick

Sukiyaki: Simplified Japanese steak, spinach, noodles.

Fast and  
flavorful  
meals for  
your family

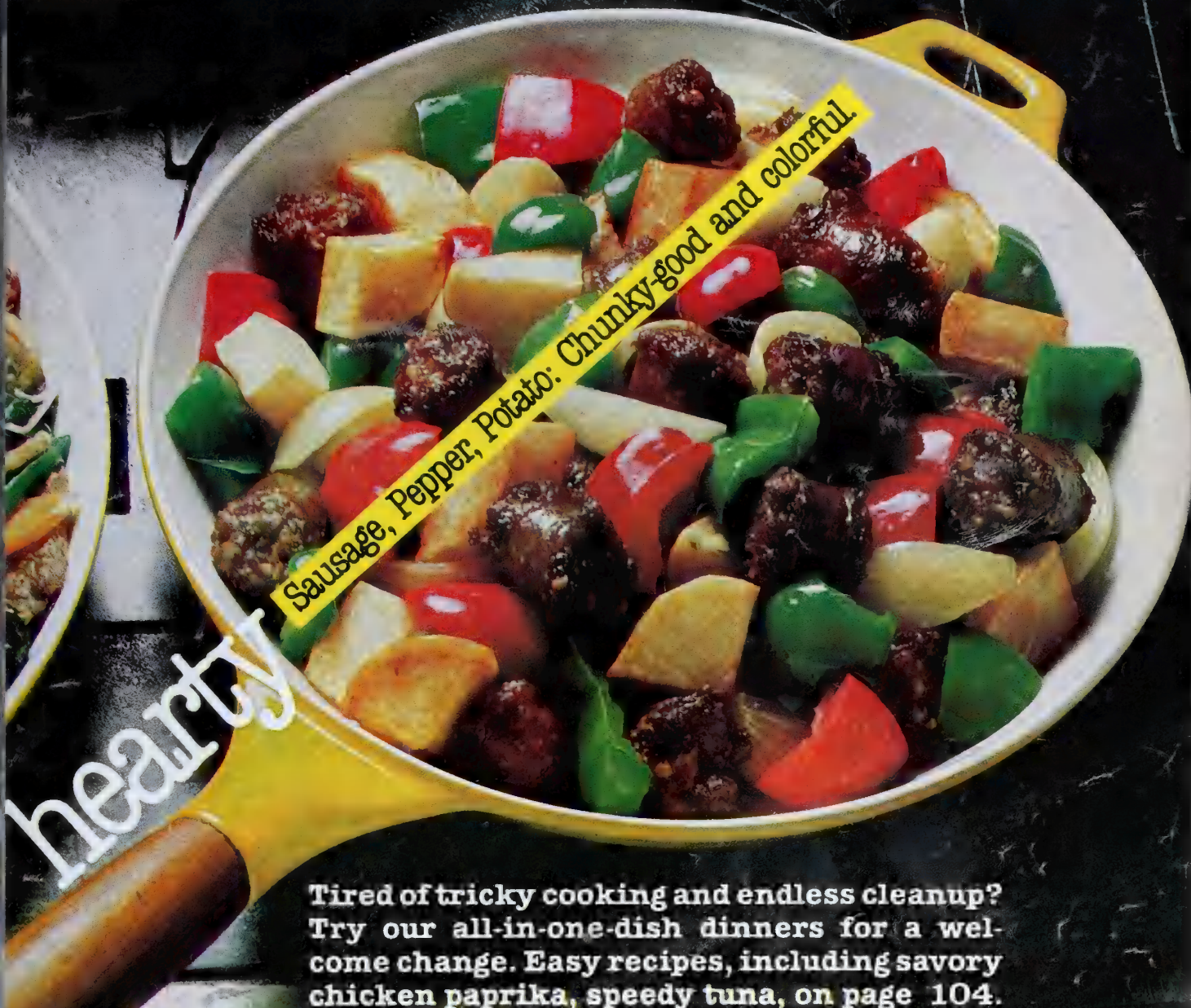
SKILLET





California: Spicy burger, mac 'n' cheese. Kids love it!

easy



Sausage, Pepper, Potato: Chunky good and colorful.

hearty

Tired of tricky cooking and endless cleanup? Try our all-in-one-dish dinners for a welcome change. Easy recipes, including savory chicken paprika, speedy tuna, on page 104.

# DINNERS



# Fashion Newsmakers!

**Marlene Sanders**, correspondent/producer for *CBS*

*Reports*, is "up-to-the-minute"—both on and off camera.

It's hard to believe, but Marlene Sanders has been in television news since 1955! One of the first women to break into this competitive field, Marlene points out that she was around when the networks were still doing shows like

*News With a Woman's Touch*.

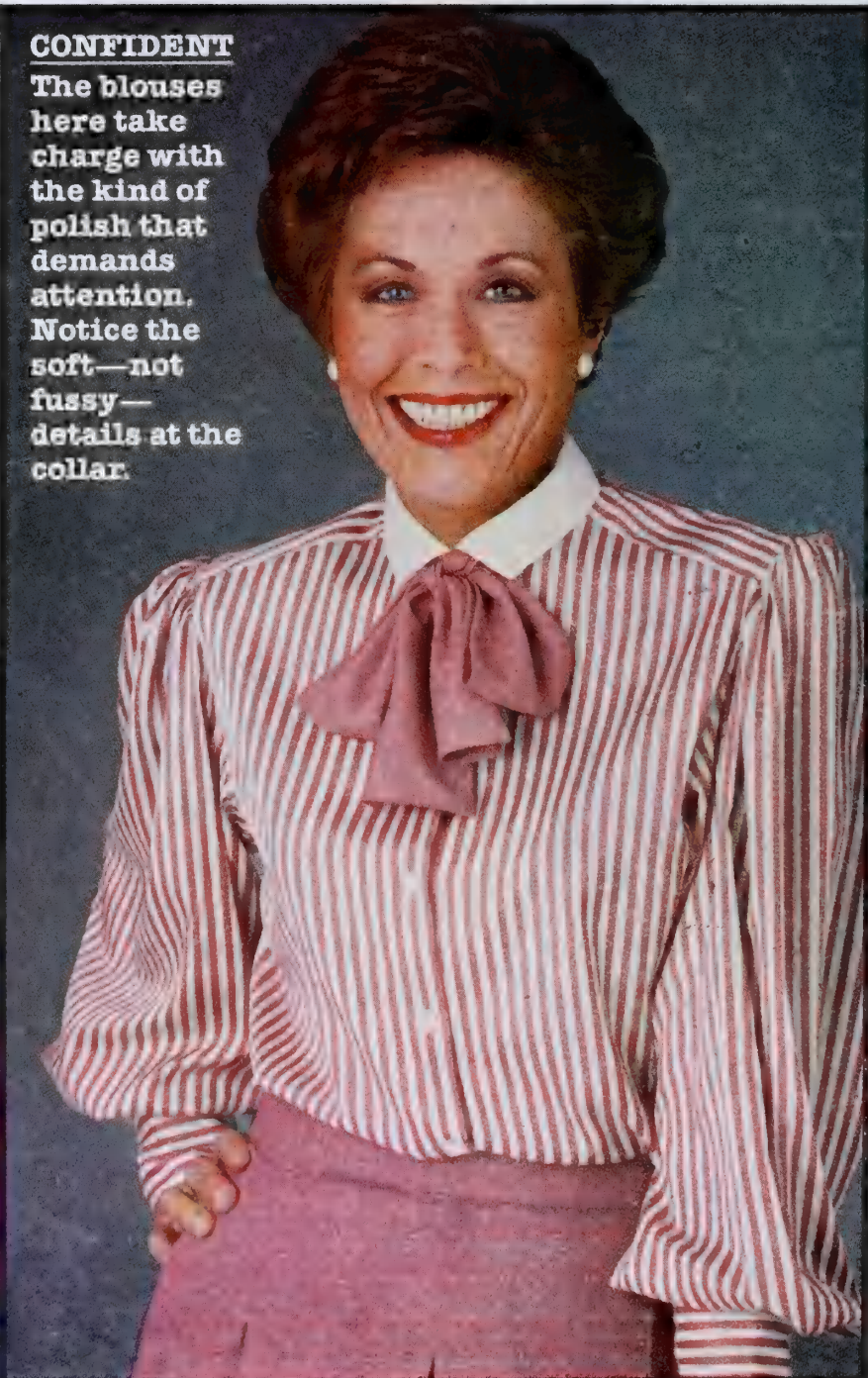
But Marlene has achieved prominence as a TV journalist (she's won two Emmys and almost a dozen awards for documentaries) because of her determination, self-confidence—and hard work.

"When I was starting out," says Marlene, "women were making it as mommies, actresses or nurses. I tried out for the theater, figuring it would be good practice for what I really wanted to do—report the news on camera."

**S**witch on your TV and notice what's different. Women newscasters have shed their suit jackets and are working in "shirtsleeves"! Reason: Blouses today can stand on their own—looking professional, totally feminine. For beauty advice from our news stars who look good every day, see page 132.

## CONFIDENT

The blouses here take charge with the kind of polish that demands attention. Notice the soft—not fussy—details at the collar.



Below left: Fuchsia blouse, by Blouseworks, polyester, \$52. Above right: Rose and cream striped blouse, by Liz Claiborne, polyester, \$45. Hair by Paul Rachert. Makeup by Richard Adams. Photographs by Les Goldberg.



**N**ews flash . . . blouses are the tops in fashion today. And here to show off the best blouses of this season are four of America's top television newscasters.

**Joan Lunden** of ABC's *Good Morning America* starts our day at 7:00 A.M.—and *hers* at 4:00 A.M.!

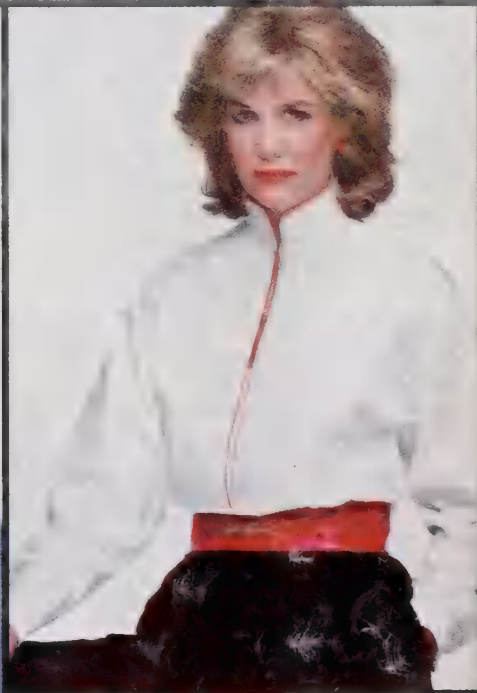
Joan Lunden was in the midst of negotiating her contract to co-host *Good Morning America* when she learned she was expecting her first baby. The job prospect at *GMA* was a long road from her first TV spot in her hometown of Sacramento, Cal-

ifornia, where she cleaned the local station's weather maps. Joan was afraid her pregnancy would ruin everything. As it turned out, getting pregnant was really "a big boon" to her career. She not only managed to have a nursery at the

*GMA* studio for her daughter, Jamie, written into her contract—a first for the television industry—she also found that her viewing audience was thrilled to see her becoming "one great big mommy" right on the air.

#### **UPBEAT**

**These fresh cotton blouses share the new spirited sense of style . . . whether bursting with color or cooling down to white.**



Above: Blue blouse, by Sandino, cotton, \$76. Top inset: White blouse, by Ellen Tracy, cotton, \$48. Bottom inset: Pink blouse, by Zinnia, cotton polyester, \$38. Hair by Raul Barbieri. Makeup by Emily Pattner. Photographs by Keith Trumbo.



**T**hrow out any old ideas you have about blouses. No longer meant to be kept under wraps, blouses are being designed with great style, innovative shapes and details. Some are costly, but they can work as hard as a dress or suit—looking pulled-together and confident.



**Charlayne Hunter-Gault**, correspondent for PBS's *The MacNeil-Lehrer Report*, keeps her cool in the midst of stormy world events.

Charlayne Hunter-Gault has overcome more barriers than most women in rising to the elite ranks of TV journalists. In fact, rather than covering the news, Charlayne started out by *making* news—though certainly not in a way she would have chosen.

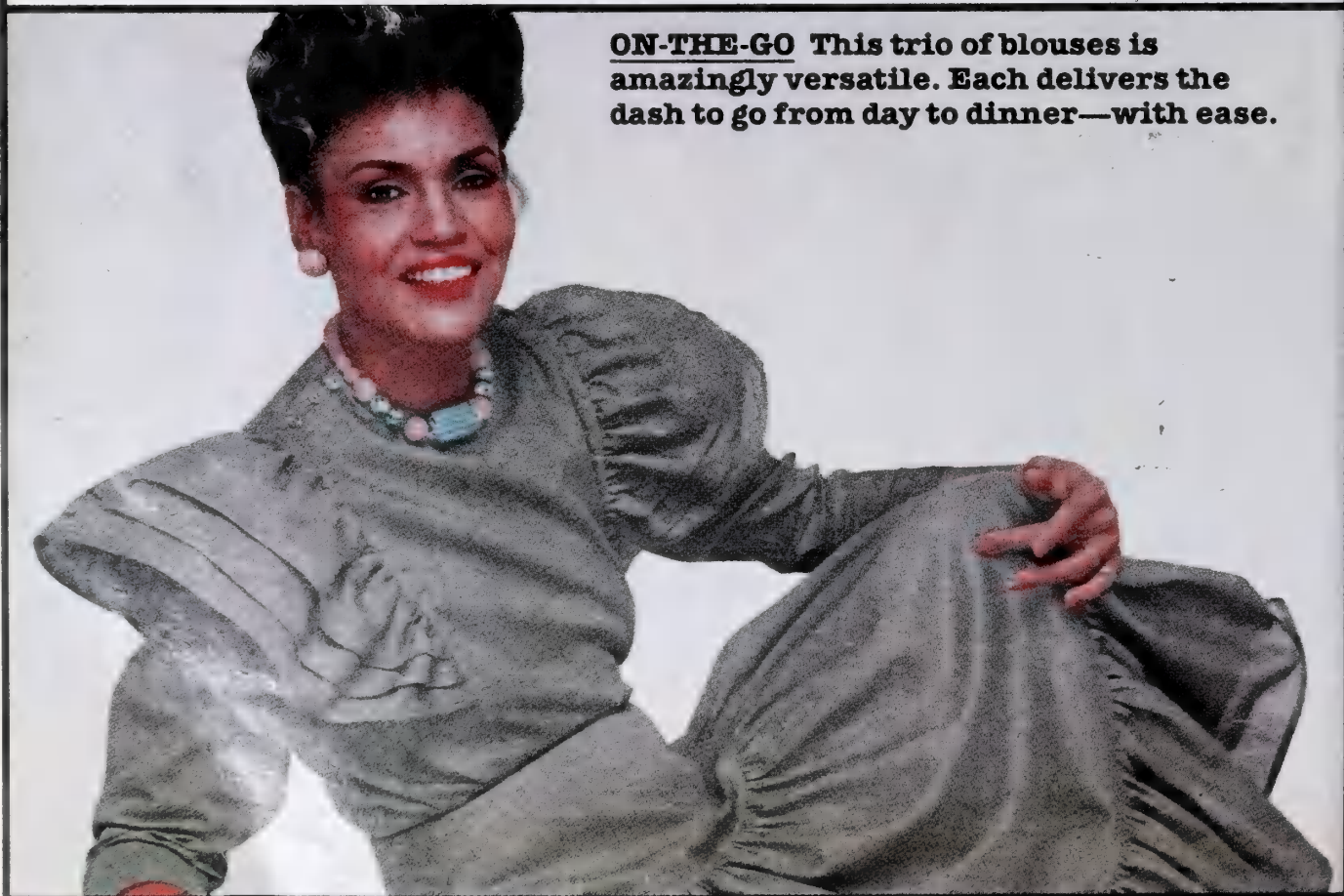
The now-prominent reporter

was one of the first two black students ordered by a federal judge to be admitted to the University of Georgia during the civil rights movement. But when race riots erupted outside Charlayne's dormitory, she was escorted off the campus for her own safety.

A determined young woman,

Charlayne eventually graduated from the university and fulfilled a career goal by landing a job with *The New York Times*. Her prize-winning reporting helped launch her TV career at the Public Broadcasting Service (PBS), where she reports and analyzes national and world events.

**ON-THE-GO** This trio of blouses is amazingly versatile. Each delivers the dash to go from day to dinner—with ease.



Top left: Gold and red silk blouse, by Jack Mulqueen, \$98. Top right: Plaid silk blouse, by Silkfarm, \$104. Above: Cotton blouse (\$64) and matching skirt (\$56), by Robert Krugman. Hair by Raul Barbieri. Makeup by Sajata. Photographs by Keith Trumbo.



**Jessica Savitch**, anchor on *NBC Weekend Nightly News*, takes "newsbreaks" with five-minute naps between her assignments.

At 34, after her meteoric rise up the NBC studio ladder, Jessica Savitch has proven that she's brilliant, beautiful—and talented. But the petite, size-four blonde knows that it takes more than looks and brains to do what she does. "It's *stamina*," she says in her brisk, to-the-point style. "I must be able to pull myself together before I go on camera at a moment's notice—even if I'm at the Panama Canal!"

The attractive newswoman says she spends minimal time on her appearance. "I'm not here to display excellence in coiffure," she says sternly. "I'm here to deliver the news."

While Jessica is "never nervous on camera," she admits that meeting new people scares her sometimes. But Jessica says her most valued time is spent with family, friends and her "wonderful Siberian Husky, Chewy."



#### **DYNAMIC**

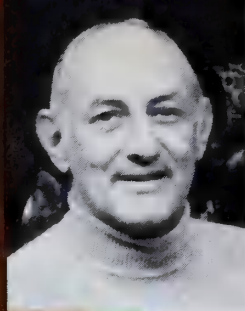
There's nothing stiff and tailored about these blouses. The secret? Whisper-light fabrics—comfortable, attractive . . . and very sexy.

See page 132 for our news stars' beauty advice.



Above inset: Rose and pink mini-plaid blouse, by Hanae Mori, polyester, \$150. Above: Small-print blouse (\$108) and skirt to match (\$74), in crepe de chine, by Bogatin. Hair by Raul Barbieri. Makeup by Richard Adams. Photographs by Les Goldberg.





**J**ohn Clancy, chef/owner of a New York restaurant, has carved out two culinary specialties: fish and baking. His Savarin Chantilly, a not-too-sweet yeast dough, is rum-soaked, centered with fresh strawberries.

# THE GREAT COOKS GREAT CAKES



**M**aida Heatter, queen of the sweet tooth, has delighted many with her books on chocolate and just desserts. September 7th Cake, named for her birthday, is a fantasy of chocolate soufflé-like layers, whipped cream.

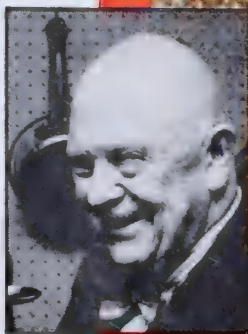


**J**ulia Child revolutionized American cooking when she taught us how to master the art of French cooking... with a sense of humor. She adores Reine de Sab, a rich and fudge-y torte dense with ground almonds. So will you.





**J**ames Beard, master astronomer, has become household word, famous for his prolific writings and sound philosophy of good food. His unique Seed Cake is plain pound cake at its best, with caraway seeds added for subtle flavor.



**C**raig Claiborne, author and food expert of "The New York Times," has popularized many recipes, often from the South. Ministry McCoy's Miracle (from Memphis, Tenn.) has chocolate, bourbon and macaroons with ladyfingers.



**All the top food experts are saying: Let them eat cake!" Here are their favorite recipes for the best cakes you'll ever bake. Recipes, page 106.**

**J**acques Pépin, known for his simple step-by-step books on French cooking, also has flair for the flamboyant. Try his Gâteau Moka, a six-layer sensation: light sponge cake, filled with pricot jam, iced with coffee butter cream.










# Deceptions

By Judith Michael

Every woman has dreamed of living another woman's life. Stephanie and Sabrina, identical twins, turn that dream into a reality—and find what they never expected.

Part one of a special condensation.



Sabrina Longworth stood at the window of the Quo Fu Antiques Shop on the Tian Jin Road and debated whether she should buy the jade chess set or the bronze dragon lamp. If she bought everything that took her fancy on a two-week trip through China, she'd go home a pauper. When Stephanie arrived she'd ask her what she thought.

From inside the dim shop Mr. Su Guang watched the American lady, amazed at her beauty. He had never seen a lady quite as beautiful. Her deep auburn hair, held by white combs in a loose knot at the back of her neck, shone bronze and gold in the late-afternoon sun. In the delicate oval of her face, her eyes were dark blue, wide-spaced, and her mouth was generous, with the faintest downward curve at the corners, giving it a vulnerable look.

Watching her, Mr. Su's mouth dropped open in astonishment at the vision in the window; the lady had become *two*. In every way they were the same, even to the silk dresses they wore. They entered Mr. Su's shop. One lady held out her hand.

"Mr. Su? I am Sabrina Longworth. I wrote you about buying for Ambassadors, my antique shop in London."



He bowed. "Lady Longworth! I have been expecting you. Yet now I find not one but two of you."

(continued)

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# Deceptions



Stephanie  
asked, "Have you  
ever wished you could  
just disappear?"  
"What I want is to  
get away from myself,"  
Sabrina replied.

She laughed. "My sister, Stephanie Andersen, from America."

"America!" Mr. Su beamed. "I studied there, at the Art Institute in Chicago."

"A small world," said Mrs. Andersen. "My home is just north of Chicago, in Evanston."

"Come, come," said Mr. Su. "Let us have tea." He was excited by the luminous beauty of the ladies; identical beauty, identical voices—low and soft.

"Lady Longworth," he said, offering a cup. She laughed and looked at her sister. Mr. Su bowed. "I have made a mistake, Mrs. Andersen, forgive me."

"Strangers often confuse us," she said. "The housewife from Evanston, and the lady from London."

It was Mrs. Andersen who discovered Mr. Su's collection of antique magic equipment, and she bought some pieces for her children. "One for Penny, one for Cliff," she said. "To keep peace in the house."

"Now how do we get back to the hotel?" she continued, as they left the shop with their purchases.

"Stick with me," Sabrina said. "You didn't buy anything for Garth, did you?"

"I'm not feeling very generous toward him right now," Stephanie said and paused. Then she spoke in a small *(continued on page 135)*



# THE FAMILY DOCTOR'S HEALTH TIPS

BY KEITH W. SEHNERT, M.D.

AND FITNESS GUIDE

Take care of yourself  
and your family!

A leading expert on self-  
help health care tells  
you how. PLUS,  
terrific exercises  
from  
four top  
women  
pros.

How can you develop the habits and lifestyle that will give you the best possible odds for a long, healthy life? By making a strong commitment to improve your health. The information and tips in this special section can serve as your guide. Each part addresses a key area you should evaluate and pay attention to in your health picture:

- the food you eat
- your physical fitness
- your state of mind
- the quality of your health care
- your own ability to get the most from health-care professionals

All the information presented here

is sound and practical, and it's designed to be easy to read and refer to. If you follow these tips for managing your own health, you could easily save hundreds of dollars a year on health-care costs for a family of four—by simply cutting down on your need for office calls. In the long run, of course, you'll save much more—your health.

The changes you make in your way of living based on the tips in the following pages should start you thinking *and acting* as if you're in charge of your health, because when you take that responsibility to heart, your medical picture is bound to improve.

So here's to your health!

## NUTRITION AND YOUR HEALTH

### OUR CHANGING NUTRITIONAL HABITS

Changes in our lifestyles, our perceptions about food, and the cost of eating are altering the way we eat. The amount of food that people eat—an average of 1,463 pounds a year, or over four pounds a day—has varied little over the past 20 years. However, the patterns of what people eat have shifted. Today, we eat more poultry, fish

and meat; processed vegetables and fruits; fats, oils and sugars; cereal products; and cheese. And according to one report, we are washing down almost 38 gallons (over 400 cans) of soft drinks per person annually. During the same 20 years, we've cut back on fresh vegetables and fruits; milk, cream and eggs; and coffee.

How often we eat out has changed, too. Ten years ago we spent 29% of our food budgets in restaurants. Now we spend over 50% of our food dollars at fast-food places and restaurants, according to the American

Dietetic Association. And a study by the restaurant-industry magazine *Institutions* reports that in 1980 the average household ate 6.4 of its 21 weekly meals out and spent \$22.71 in the process.



**On the good side,** we've increased consumption of poultry, fish and (more recently) complex carbohydrates.



**On the bad side,** we're eating more sugar, sweeteners and soft drinks, but consuming fewer fresh vegetables and fruits.



## EIGHT PLANNING TIPS FOR NUTRITIOUS EATING HABITS

Here are some good general guidelines and several specific planning tips you can use to improve the quality and type of food you and your family eat.

1. Eat varied and balanced meals: Select a variety of foods from the Basic Four. Not all foods contain

all of the recommended nutrients, so protect yourself by eating many types of protein, carbohydrates, fats, vitamins and minerals.

2. Eat food as near to its natural form as possible.

3. Eat less fat: Select fewer high-fat meats, such as beef and pork, and use more fish and poultry. Consume more polyunsaturated fats (vegetable oils) than saturated fats. Drink skim milk.

4. Eat less salt: Add only half the salt called for in recipes. Cut down

on foods with visible salt. Use herbs as flavorings instead.

5. Eat less sugar: To reduce the amount of sugar you eat, cut down on cookies, cakes and candies. Such foods are "empty calories"—that is, carbohydrates with no significant amounts of protein, fat, vitamins or minerals.

6. Eat more fruits, vegetables and whole grains: These foods are good sources of vitamins and minerals. They also have a high-fiber content that is beneficial in many

ways, including reducing the risk of intestinal disease.

7. Read the ingredient label of your food products: Remember the label rule, "First is most." If your brand of margarine lists hydrogenated oil first, it will increase your blood level of cholesterol more than one that is made from less saturated fats.

8. Think twice about vitamin supplements: Well-balanced meals provide enough vitamins and minerals for most people.

## THE BASIC FOUR— A NEW AMERICAN EATING GUIDE

GROUP	ANYTIME	IN MODERATION	NOW AND THEN
<b>1</b> <b>BEANS GRAINS NUTS</b> <small>FOUR OR MORE SERVINGS A DAY</small>	bread and rolls (whole grain) bulgur dried beans and peas (legumes) lentils oatmeal whole wheat pasta brown rice rye bread sprouts whole grain hot and cold cereals whole wheat matzoh	cornbread granola cereals hominy grits macaroni and cheese matzoh nuts pasta, except whole wheat peanut butter pizza unsweetened cereals refried beans, commercial or homemade in oil seeds soybeans waffles or pancakes with syrup white bread and rolls white rice	croissant doughnut (yeast-leavened) presweetened breakfast cereals sticky buns stuffing (made with butter)
<b>2</b> <b>FRUITS VEGETABLES</b> <small>FOUR OR MORE SERVINGS A DAY</small>	all fruits and vegetables, except those listed at right applesauce (unsweetened) unsweetened fruit juices unsalted vegetable juices white or sweet potatoes	avocado cole slaw cranberry sauce dried fruit french fries, homemade in vegetable oil or commercial fried eggplant (vegetable oil) fruits canned in syrup gazpacho glazed carrots guacamole potatoes au gratin salted vegetable juices sweetened fruit juices vegetables canned with salt	coconut pickles
<b>3</b> <b>MILK PRODUCTS</b> <small>ADULTS: 2 SERVINGS A DAY CHILDREN 3 TO 4</small>	buttermilk made from skim milk low-fat cottage cheese low-fat milk, 1% milkfat low-fat yogurt non-fat dry milk skim milk cheeses skim milk skim milk and banana shake	cocoa made with skim milk cottage cheese, regular, 4% milkfat frozen low-fat yogurt ice milk low-fat milk, 2% milkfat low-fat yogurt, sweetened mozzarella cheese, part-skim type only	cheesecake cheese fondue cheese soufflé custard eggnog ice cream whipped cream
<b>4</b> <b>POULTRY FISH MEAT EGGS</b> <small>TWO SERVINGS A DAY VEGETARIANS: Nutrients in these foods can be obtained by eating foods in Groups 1, 2 and 3</small>	FISH cod flounder haddock halibut perch pollock rockfish shellfish, except shrimp sole tuna, water-packed EGG PRODUCTS egg whites only POULTRY chicken or turkey, boiled, baked or roasted (no skin)	FISH (drained well, if canned) fried fish salmon, pink, canned sardines, shrimp tuna, oil-packed POULTRY chicken liver fried chicken, homemade in vegetable oil chicken or turkey, boiled, baked or roasted (with skin) RED MEATS (trimmed of fat) leg or loin of lamb pork shoulder or loin, lean ground round rump roast beef steak, lean veal	POULTRY fried chicken, commercially prepared EGG cheese omelet egg yolk or whole egg (about 3 a week) RED MEATS bacon beef liver, fried bologna corned beef ham, trimmed well hot dogs liverwurst pig's feet salami sausage spare ribs untrimmed red meats

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# Q ARE THERE ANY HEALTHY SNACKS?

Yes, but eating between meals isn't good for you because it throws your metabolism off-balance. If you must snack occasionally, choose raisins, nuts, grapes or carrots rather than candy, cookies or cake.

## COMMON MISCONCEPTIONS ABOUT NUTRITION

These statements are all illustrations of commonly held misconceptions about nutrition.

“

• More is better when it comes to vitamins.

• Nutritional supplements are a quick, simple fix for many health problems.

• The establishment (that is, the AMA and governmental agencies) is part of a conspiracy against healthy foods.

• Doctors don't know anything about nutrition.

• You can make up for all kinds of bad habits by taking the right amounts of the proper vitamins.

”

## Formula for Ideal Weights

The life insurance tables for figuring ideal weights do not take into account bone size and so on. Here's a simple formula:

**WOMEN**  
100 + 5 pounds for each inch over 5 feet  
**MEN**

106 + 6 pounds for every inch over 5 feet

If you exceed this rule by more than 10% to 20%, you are overweight. If you exceed it by more than 20%, you are obese.



# THE MANY ROADS TO FITNESS

*What are the payoffs for the many Americans who are exercising? They are both physical and mental.*

## Physical benefits

**A**rthur S. Leon, M.D., an internationally recognized exercise physiologist and health-sport expert at the University of Minnesota's Laboratory of Physiological Hygiene, says exercise helps by:

- **getting more blood to the heart** to provide it with oxygen and nourishment
- **improving the heart's ability to function** as a pump and the blood vessels' ability to carry blood to the rest of the body
- **slowing the heartbeat** and lowering blood pressure
- **making body muscles firmer** (and stronger)
- **lowering body weight** and the amount of fat in body tissue
- **lowering blood cholesterol** and other fats in the blood
- **improving the metabolizing of sugar** (even for diabetics)
- **improving other health habits** (fit people tend to cut down on cigarettes, junk foods)
- **lowering tension** and other effects of stress

## Mental benefits

In addition to all these physical benefits, there is evidence that exercise helps relieve depression.

- **Jogging had a better cure rate.** One of the first documented studies on running was done by John Greist at the University of Wisconsin. Studies there in 1976 showed that jogging offered a better treatment for depression than psychotherapy.
- **Exercise beats pills.** Other psychiatrists have also found that exercise beats medication in controlling depression.

## KNOW YOUR KINDS OF EXERCISE

### ISOTONIC

Rhythmic, repetitive exercise that involves motion. Improved blood circulation comes from the alternation between tensing and relaxing the muscles. Isotonic exercises can be either aerobic or anaerobic.

### AEROBIC

Exercise that can be carried on for 15 or more minutes. Aerobic exercise is steady, "nonstop" activity. Examples include calisthenics, swimming, jogging and walking.

### ANAEROBIC

Exercise that is short in duration, "stop-and-go" in rhythm and low intensity in effort. Examples include tennis and golf.

### ISOMETRIC

Exercise with very little movement, like pushing your hands against each other or lifting or pushing against an object that won't move. Although isometric exercises may develop muscle tone and can make you stronger, they don't improve your heart conditioning and may even be dangerous for heart patients.

## WHAT



## YOU CAN



## DO



## YOURSELF



*Assuming you're in basically good health, you should be able to develop your own conditioning program and, through it, improve your fitness. When you're in good*

*condition, you can select an activity for regular exercise.*

### Conditioning

Here is a collection of simple conditioning tips. They apply mainly to that most popular exercise of all, running, but are equally appropriate for all vigorous exercise programs.

**Take the talk test.** You should be able to talk while you exercise. If you can't, you're working too hard—or running too fast—and should slow down.

**Warm up and cool down.** Always do stretching and

warm-up exercises before starting your activity. First, do leg and back stretches, push-ups and sit-ups. When you are ready to run, begin with a slow trot. Finish with a cool-down walk.

**Don't be intimidated.** Do your own thing, at your own speed, in your own way.

**Learn your body's capabilities.** If you are tight-jointed and stiff, you may need stretching or limbering calisthenics for several weeks before starting an exercise program.



## THE ENERGY REQUIREMENTS FOR YOUR SPORTS

ACTIVITY	CALORIES BURNED PER HOUR	ACTIVITY	CALORIES BURNED PER HOUR
Bicycling (5.5 m.p.h.)	210	Downhill skiing	450
Gardening	240	Playing handball	550
Golf	250	Doing vigorous calisthenics	550
Bowling	270	Dancing (fast)	600
Playing tennis (doubles)	350	Bicycling (13 m.p.h.)	660
Walking (3.5 m.p.h.)	350	Swimming	750
Playing table tennis	350	Running (10 m.p.h.)	900
Chopping wood	400	Cross-country skiing	1,000
Playing tennis (singles)	450		



# YOUR MIND AND HOW TO UNDERSTAND IT

**P**resent-day researchers are readdressing the mind-body connection in both its covert forms (high blood pressure resulting from stress) and its overt forms (loss of sleep due to lack of exercise, causing mental inefficiency). Before we look closely at stress and relaxation, I want to make two very important points.

*First, stress is nonspecific*, in and of itself. The degree of stress you experience, paired with your ability to cope, gives it a positive or negative quality.

*Second, you determine how stress affects you.* Your habits, abilities and experience in handling stress, more than the nature of the stress itself, are the primary determinants of its effects on you. Therefore,

skill and practice in stress management lie at the root of your emotional and physical health.

## EUSTRESS AND DISTRESS

Part of the ability to manage stress well comes from an informed sense of your own tolerance and need for it.

*Eustress*, the right amount of stress, gives you a sense of mental

alertness, high motivation, improved memory and recall, sh insight, good relations with others and a feeling that "all systems are go."

*Distress*, an overload of stress gives you a sense of irritability, apathy and indifference, diminished memory and recall, strained relationships, poor judgment, fatigue and insomnia.

## HOW TO MEDITATE

*It doesn't take an extensive course in meditation skills or a period of study with your personal guru to get started—and begin getting the benefits of—meditating. If you simply follow the steps and tips below, you'll be ready to begin.*

**1**

Find a quiet place where you can sit or lie in a position that leaves your muscles untensed. Avoid meditating for two hours after meals; the slowdown you are attempting to induce in your mind and body interferes with digestion.

**2**

Close your eyes and deliberately relax the muscles of your body, one by one. Most people start with their toes and work their way upward.

**3**

As you do this, breathe deeply through your nose.

**4**

When you are completely relaxed, begin saying a single word (like "one") slowly to yourself, over and over. This is your mantra. Its purpose is to focus your attention on—essentially—nothing. Try to blot out all other thoughts; continue breathing deeply.

**5**

After about 20 minutes of this kind of meditation (you may have to build up to it), you can stop saying the mantra and rest quietly for a few moments before opening your eyes. Then after a few more moments of relaxation, you'll be set to resume your day-to-day life.

## SELF-TEST FOR STRESS SIGNALS

People who manage stress well read their stress signals clearly and know when they're getting too much. Then they know what to do about it! In this test, circle the appropriate number opposite each statement, then total all columns for analysis.

	ALMOST ALWAYS	FREQUENTLY	SOMETIMES	INFREQUENTLY	ALMOST NEVER
I prevent anxiety from interfering with my daily schedule .....	1	2	3	4	5
I can relax my mind and body without nicotine, alcohol or other drugs .....	1	2	3	4	5
I value my achievements .....	1	2	3	4	5
I get a sufficient amount of sleep .....	1	2	3	4	5
I am satisfied with my life .....	1	2	3	4	5
I fall asleep within 20 minutes .....	1	2	3	4	5
I have a restful night's sleep .....	1	2	3	4	5
I allow myself time to eat .....	1	2	3	4	5
I keep my mind and body in control at a comfortable pace .....	1	2	3	4	5
I make decisions easily .....	1	2	3	4	5

**TOTAL**

## ANALYSIS

**TOTAL SCORE 10-19:** You are taking excellent care of yourself.

**TOTAL SCORE 20-29:** You are treating your body well, but there are some stress signals you should become aware of.

**TOTAL SCORE 30-39:** You need to pay more attention to your stress signals.

**TOTAL SCORE 40-50:** You should re-evaluate your lifestyle and examine your stress management habits.

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## How Relaxation Affects Your Nerves

When stress affects you, your sympathetic nervous system "overworks"—your pulse, respiration rate and blood pressure are likely to soar. In relaxation, your parasympathetic nervous system takes charge and depresses these vital signs. Consequently, following relaxation, you return to a state of equilibrium.



# CONTROLLING HAZARDS IN YOUR SURROUNDINGS

Up to the age of about 30, the leading causes of death tend to be people-related; automobile accidents, suicides, homicides (including deaths from child abuse) and drownings are largely responsible for the deaths of young people. After 30, those causes fatalities decline and illnesses begin to have their impact. It's not a pleasant subject, but to look at it positively, you stand a real chance of improving your odds of survival past 30 if you pay particular attention to those risks you can control: your car-driving habits, including use of seat belts; your care in storing weapons so they're neither stolen nor seized in a moment of anger. More accidents occur at home than anywhere else. Most of us spend about 12 hours a day there, so it's well worth a look at the home environment when you realize its direct impact on your health. And if you've survived your 40th birthday, then your already sedentary lifestyle (with attention to maintaining your fitness of body, mind and spirit) can improve your odds of a long, healthy life.

## CHECKLIST FOR CHILDPROOFING

- ☐ Have you tucked cords safely behind kitchen appliances?
- ☐ Are your cleaning supplies locked up or out of children's reach?
- ☐ Is your bathroom medicine chest locked?
- ☐ Do your children use paper or plastic drinking cups instead of glass ones?
- ☐ Have all broken toys been thrown out?
- ☐ Have you covered all electrical outlets?
- ☐ Are plugged-in cords of excess length wound up?
- ☐ Have you placed eye-level decals on sliding glass doors?
- ☐ Do you use safety locks on drawers, cupboards?
- ☐ Are all childproof caps secured after use?

## THE THREE MAJOR CAUSES OF DEATH

The table below is based on actuarial tables of the most likely causes of death for people of various ages. For each death, however, there are countless injuries and near-deaths.

Age group	White male	White female	Black male	Black female
5-9 YEARS	Car accidents Drowning Leukemia	Car accidents Leukemia Fire accidents	Car accidents Drowning Fire accidents	Car accidents Fire accidents Homicide*
10-14 YEARS	Car accidents Suicide Drowning	Car accidents Homicide* Suicide	Homicide* Car accidents Drowning	Homicide* Car accidents Drowning
15-19 YEARS	Car accidents Suicide Homicide*	Car accidents Suicide Homicide*	Homicide* Car accidents Drowning	Homicide* Car accidents Suicide
20-24 YEARS	Car accidents Suicide Homicide	Car accidents Suicide Homicide	Homicide Car accidents Suicide	Homicide Car accidents Suicide
25-29 YEARS	Car accidents Suicide Homicide	Car accidents Suicide Homicide	Homicide Car accidents Suicide	Homicide Car accidents Cirrhosis
30-34 YEARS	Car accidents Suicide Heart disease	Car accidents Suicide Breast cancer	Homicide Car accidents Heart disease	Homicide Cirrhosis Breast cancer
35-39 YEARS	Heart disease Car accidents Suicide	Breast cancer Suicide Heart disease	Homicide Heart disease Cirrhosis	Heart disease Cirrhosis Breast cancer
40-44 YEARS	Heart disease Lung cancer Car accidents	Breast cancer Heart disease Lung cancer	Heart disease Homicide Cirrhosis	Heart disease Breast cancer Stroke
45-49 YEARS	Heart disease Lung cancer Cirrhosis	Heart disease Breast cancer Lung cancer	Heart disease Lung cancer Stroke	Heart disease Stroke Breast cancer
50-54 YEARS	Heart disease Lung cancer Cirrhosis	Heart disease Breast cancer Lung cancer	Heart disease Lung cancer Stroke	Heart disease Stroke Breast cancer
55-59 YEARS	Heart disease Lung cancer Stroke	Heart disease Breast cancer Lung cancer	Heart disease Lung cancer Stroke	Heart disease Stroke Breast cancer
60-64 YEARS	Heart disease Lung cancer Stroke	Heart disease Stroke Breast cancer	Heart disease Lung cancer Stroke	Heart disease Stroke Diabetes
65-69 YEARS	Heart disease Lung cancer Stroke	Heart disease Stroke Breast cancer	Heart disease Stroke Lung cancer	Heart disease Stroke Diabetes
70-74 YEARS	Heart disease Stroke Lung cancer	Heart disease Stroke Intestinal & Rectal cancer	Heart disease Stroke Lung cancer	Heart disease Stroke Diabetes

\*A high percentage of homicide deaths for those under 20 is related to child abuse.

Note: This table is based on data from the Department of Prospective Medicine, Methodist Hospital of Indiana, Indianapolis, Indiana.

## FIRE: What to Do

- **Call the fire department** and tell them your location.
- **Open your window if its not smoky outside.** Do not open it if you see smoke because it might blow into your room. If your window doesn't open, use a chair to break it if it's clear outside.
- **Keep smoke out of your room** by soaking towels or phone book pages in water and using them to stuff cracks in the door, seal air vents

shut and so on. If possible, use the bathroom fan to vent out the smoke.

- **Keep the room cool.** Flood the floors; throw water on the door and walls (use your ice bucket); wet the curtains.

- **Keep yourself cool.** Filter smoke through a wet towel around your face. Wrap up in a wet blanket. Stay down, where the cooler, cleaner air is.

- **Keep up your efforts.** Help will be coming!



# Choosing Health-Care Professionals

It almost goes without saying that you need a personal health manager, someone you can call your "family doctor" or "family health adviser." Whoever you use should be understanding, compassionate, skilled, sympathetic and available when you need him or her. Moreover, the style of care and implied role toward you (partner? friend? professional consultant? boss?) should be one you desire and value.

## PRIMARY CARE

On a typical day, 80% of the individuals who enter the medical-care system require *primary care*. This is care provided in the offices and clinics of family doctors, pediatricians, general internists and obstetrician-gynecologists.

The average person needs such care about five times a year, and pays an average of \$25 a visit.

## SECONDARY CARE

If the problem requires hospital care (delivering a baby, getting a broken leg set, having your gall bladder removed), the odds are you will have to go in only once in ten years.

The average cost for that kind of care was \$1,500 in 1980.

## TERTIARY CARE

More complex problems (a rare blood disorder, cancer or heart disease requiring extensive surgery or treatment) fortunately occur on the average only once in 70 years—or once in a lifetime. These problems are expensive; costs averaged over \$5,000 in 1980. These are the kinds of problems described by the insurance people as "catastrophic."

## MEDICATIONS AND SUPPLIES

What medications should you have handy? The list below will provide you with medications and emergency supplies for most of the common ills you'll need to treat. Call your physician for advice if you notice complications in any self-treatment.

## HOME MEDICINE CHECKLIST

TYPE OF DRUG	QUANTITY	REASON
Antacid/anti-gas liquid	6 oz.	Gas, acid indigestion
Anti-diarrheal liquid	8 oz.	Diarrhea
Anti-emetic liquid	3 oz.	Nausea, vomiting
Antibiotic ointment	1/2 oz.	Abrasions, skin infections
Antihistamine tablets (also for children)	24 tabs	Allergies
Antihistamine-decongestant syrup	4 oz.	Colds, allergies
Anti-vertigo tablets	24 tabs	Motion sickness
Aspirin (also for children)	many forms	Pain, headache
Cough syrup expectorant	4 oz.	Cough control
Ear wax softener	4 oz.	Wax removal
Hydrocortisone ointment	1/2 oz.	Itching skin
Ipecac and activated charcoal	—	Poisoning emergency
Nasal decongestant	1 oz.	Nasal congestion, sinusitis
Non-aspirin analgesic (also for children)	many forms	Pain, headache

## HOW TO GET THE MOST FROM AN OFFICE CALL

### During Your Visit

1. Name of the problem/condition (tentative? confirmed?)
2. Lab reports or diagnostic test results
3. Cause
4. Probable course of problem; time for recovery
5. How to protect others from infection (if infectious)
6. Medication (if any; is a reliable generic form available?)
7. Ways to prevent recurrence of the problem
8. Date to call for lab reports (if any)
9. Date of next visit (if needed)
10. Home care (diet, activity, treatment, precautions)
11. Danger signs; reasons to call the office
12. Insurance or health card and forms to take

## 12 WAYS TO CUT HEALTH-CARE COSTS

**1** When you receive medical service, don't be reluctant to ask the doctor for a discount if you pay on the spot. This saves some billing costs.

**2** Select a doctor to be "your" doctor. Set up a relationship with the physician. Ask questions about costs. Ask for referrals if needed. Don't try to do your own "shopping" for specialists—often an expensive undertaking.

**3** Use the telephone. Most doctors don't charge for telephone advice.

**4** When it's not an emergency, go to the doctor's office, not the hospital's emergency room, which will cost two or three times more than an office call.

**5** If you are going to a hospital for surgery, inquire about "pre-admission testing." Such service provides for having the necessary lab tests done before you are admitted. Every day you cut off the stay can save a bundle.

**6** Ask if your surgery can be done on a one-day, come-and-go basis. If not, find out the earliest date you can get out of the hospital.



# SMART DRUG-USE CHECKLIST

*The following checklist will help you to make the best use of the drugs you take.*

*Remember to review this list before any visits to your doctor.*

## TELL YOUR DOCTOR

- ☐ If you have had allergic reactions to drugs or foods you have taken in the past.
- ☐ If you are taking medicines or vitamins, including over-the-counter drugs and such drugs as birth control pills or insulin, so the doctor will not prescribe a drug that could interact with one you're taking and cause unwanted side effects.
- ☐ If you are undergoing or have undergone medical treatment under the supervision of another physician.
- ☐ If you are pregnant or breastfeeding.
- ☐ If you have kidney or liver disease or any other condition (such as diabetes).
- ☐ If you are on a special diet.

## WHAT TO ASK YOUR DOCTOR

- ☐ What is the name of the medicine? Write it down.
- ☐ What is the medicine supposed to do? (Relieve pain? Reduce fever? Lower blood pressure? Cure infection? How will you know it's working?)
- ☐ What unwanted side effects might occur, such as sleepiness, swelling, nausea?
- ☐ Are there some medicines you should not take while taking this one?
- ☐ How should you take the medicine? If you are told to take it "3 times a day," does that mean morning, noon and night? Should you take it before meals, with meals or after meals? If "every 6 hours," does that mean when you're awake, or should you get up during the night?
- ☐ Are there any particular foods you should avoid while taking the medicine? Some antibiotics, for example, won't work if you drink milk or eat milk products. Alcoholic beverages should not be used when some drugs are being taken.
- ☐ Should you take the medicine until it is all gone, or just until you feel better? Some medicines must be taken for long periods to cure the disease. If you stop the medication too early, even when you feel better, the disease may recur.

## HOW TO GET THE MOST FROM PRESCRIPTION DRUGS

- ☐ If a drug is not doing for you what it is supposed to do, check with your doctor. The doctor may wish to change the dosage or prescribe a different drug.
- ☐ After you start taking the drug, if you have an unexpected symptom—such as nausea, dizziness, headache and so on—report it to your doctor immediately.
- ☐ Read labels carefully for storing instructions. Some drugs should be kept cool and dry, others protected from light.
- ☐ Do not transfer medicines from the containers in which they were dispensed. These containers are designed to keep the drug properly protected.
- ☐ Throw out leftover prescription drugs.

**7** While in the hospital you have the right to ask the doctor why a certain test or procedure is being done—and what it costs.

**8** Join a blood donor program *before* you need blood.

**9** Don't pester your doctor to give you a prescription. Many drugs, such as antibiotics and tranquilizers, are overprescribed because patients feel they need them. If you do need a prescription drug, ask for a proven, reliable generic form (rather than a brand name); it may be 50% less expensive.

**10** Keep good records about drug and medical expenses so you can claim deductions on your income tax.

**11** Take a medical self-care course. You should be able to cut \$100 to \$200 a year from your medical bills when you can handle routine ailments and common injuries yourself.

**12** Don't hesitate to request a second opinion if you're faced with a serious health problem. The added expense may only confirm some unpleasant news, but it could lead to alternative treatments or shed light on a confusing situation.

*We all recognize that there are emergencies and then there are emergencies. A bad fall might leave you with a number of aches and pains—and cause you a good deal of anxiety—but the odds are that you can respond to its effects with informed home care. The conditions below are different, however. If you note any of them, seek medical care immediately.*

## WHAT'S

**Unconsciousness:** When you can't rouse someone, call for help.

**Drowsiness (stupor):** When the person is conscious but unable to answer questions, get help. With children and infants, judge this in contrast with usual alertness.

## AN

**Disorientation:** When someone can't remember his or her name, the place or the date (in order of decreasing importance), get help. An injury or illness causing disorientation is serious.

**Severe injury:** You'll know it when you see it: large wounds, obvious bone fractures, extensive burns need professional care.

**Uncontrollable bleeding:** Pressure should stop most bleeding; when it fails to, get help. Children can not afford to lose as much blood as adults can.

## EMERGENCY?

**Shortness of breath:** If a person is unusually short of breath, even while resting, and you can rule out hyperventilation, get help.

**Severe pain:** While pain is subjective, and may be caused by psychological factors, a person in intense pain still needs relief. Don't take pain itself as a barometer of the seriousness of the emergency, but do seek professional help.



## Recording Vital Signs

**Y**ou should be attuned to the language your body uses to speak to you in both sickness and health. You should also be able to measure your vital signs (temperature, pulse, respiration rate). Records of these vital signs will help you and your health-care team diagnose and treat your problems.

**Listening to body talk** An important part of your own health care is learning the language of symptoms as indicators of what is wrong. Ask yourself two questions when you notice any symptom.

■ **When does it occur?** Make mental notes about the why, when, where and what. Ask yourself if the symptom follows any pattern: Does the backache always come after you've been sitting in a certain chair or car? Does the indigestion always follow your morning coffee? Is this symptom tied to any others? Your answers will be of invaluable help to any health-care professional.

■ **Does it have a minor cause,** one you can deal with yourself? If it is unusual, severe or persistent, or if you are in any doubt about your conclusions, check it out with a professional.

TAKING YOUR TEMPERATURE	TAKING YOUR PULSE	TAKING YOUR RESPIRATION RATE
<p>Your temperature is a measure of the balance between heat production and heat loss in your body. Exercise, muscle tension, infection and external warmth produce heat and make your temperature rise. Sweating, panting, fatigue and external cold draw heat away and lower your temperature.</p> <p>The purpose of taking your body temperature is to determine if the balance of your heat production and loss is stable. In a healthy person, this would be an oral temperature not above 98.6°F (37°C.), though there are variations. Several factors that affect temperatures are listed below.</p> <p><b>TIME OF DAY.</b> Temperatures are lower in the morning, higher in the late afternoon.</p> <p><b>AGE.</b> Infants and children have slightly higher normal readings.</p> <p><b>EMOTIONS.</b> When you get "hot under the collar," your temperature is likely to rise.</p> <p><b>THE SITE WHERE THE TEMPERATURE IS TAKEN.</b> Rectal temperatures are slightly higher than oral temperatures.</p> <p><b>ILLNESS FROM INFECTION.</b> The body kills germs with higher temperatures.</p>	<p>Each time the heart pumps blood into the cardiovascular system, a pulse wave is generated (like the ripple generated on the water surface when you throw a stone into a pond). You can feel this pulse wave in places where arteries come close to your skin surface.</p> <p>The purpose of taking your pulse is to determine how fast your heart is beating (i.e., pumping). Common sites to take your pulse are at your wrists, forehead and the carotid area of your neck (near your jawbone). The usual rate is from 60-80 pulses a minute, though variations are caused by several factors, as listed below.</p> <p><b>TIME OF DAY.</b> Pulses are slower in the morning and faster later in the day.</p> <p><b>AGE.</b> Children have higher pulse rates.</p> <p><b>EXERCISE.</b> Your pulse speeds up after exertion as your heart pumps faster to meet increased demands for oxygen.</p> <p><b>EMOTIONS AND PAIN.</b> Both raise pulse.</p> <p><b>FEVER.</b> Pulse rises when you have a fever.</p>	<p>The rate at which you breathe helps to indicate how much oxygen you need—either how hungry your cells are for it or how efficiently you process it to get it to them. This varies greatly, as you've no doubt noticed how slowly a person breathes when asleep compared to how fast a person pants after exertion. These factors also affect respiration rates:</p> <p><b>EMOTION.</b> Agitation, from good or bad causes, will speed up respiration.</p> <p><b>HEALTH.</b> The presence of such conditions as asthma or chronic pulmonary disease decreases efficiency and raises the rate to compensate.</p> <p><b>SMOKING.</b> Smokers need to breathe more quickly because their lungs are less efficient.</p> <p><b>FITNESS.</b> Lung efficiency increases with improved conditioning.</p> <p><b>FEVER.</b> The presence of a fever (especially in children) may cause a person to breathe faster than normal.</p>
<p><b>HOW TO TAKE TEMPERATURES</b></p> <p><b>ORAL TEMPERATURE</b></p> <p><i>Note: Readings will be inaccurate if the person has had something to drink in the last 15 minutes.</i></p> <ol style="list-style-type: none"> <li>1. Shake mercury level down to below 98.6°F (37°C.) and insert thermometer under person's tongue.</li> <li>2. Ask the person to close mouth and breathe through nose. Take thermometer out after three minutes.</li> <li>3. Read highest level of mercury; record reading.</li> </ol> <p><b>RECTAL TEMPERATURE</b></p> <p><i>Note: Temperatures from rectal readings will be 1° higher than oral ones.</i></p> <ol style="list-style-type: none"> <li>1. Shake mercury level of rectal thermometer down to below 98.6°F (37°C.).</li> <li>2. Lubricate bulb with petroleum jelly and insert the bulb and no more than 1½ inches of the stem into the person's anus.</li> <li>3. Take thermometer out after two minutes.</li> <li>4. Wipe off thermometer and read highest level of mercury; record reading.</li> </ol>	<p><b>HOW TO TAKE PULSES</b></p> <p><i>Note: It is best to take your pulse while you are at rest, sitting in a comfortable position. You will need a watch with a second hand.</i></p> <p><b>WRIST SITE</b></p> <ol style="list-style-type: none"> <li>1. Lay your index and middle fingers across the inner surface of your wrist, about an inch from the base of your thumb.</li> <li>2. Locate the pulse there (the radial artery pulse). Count the beats for 15 seconds, and multiply by four for the rate per minute.</li> </ol> <p><b>NECK SITE</b></p> <ol style="list-style-type: none"> <li>1. Tip your head to one side and tuck your index and middle fingers under the angle of your jawbone.</li> <li>2. Straighten up your head and locate the pulse (the carotid artery pulse). Count the beats for 15 seconds, and multiply by four for the rate per minute.</li> </ol> <p><b>FOREHEAD SITE</b></p> <ol style="list-style-type: none"> <li>1. Put your index and middle fingers along your hairline, about halfway between your ear and eyebrow.</li> <li>2. Locate the pulse (the temporal artery pulse). Count the beats for 15 seconds, and multiply by four for the rate per minute.</li> </ol>	<p><b>HOW TO TAKE RESPIRATION RATES</b></p> <p><i>The respiration rate is not as important as the other vital signs, but may provide useful information, particularly for asthma and emphysema victims. Here's how you determine it, though taking your own is nearly impossible.</i></p> <ol style="list-style-type: none"> <li>1. Ask person to sit upright or in a semi-upright position in a chair or bed.</li> <li>2. Make sure that the normal breathing motion of the chest is not obscured with clothing or bedding.</li> <li>3. Gently place the palm of your hand on the person's chest. (Put thumb in notch between collarbones on midline of chest.) Watch your hand move with each breath.</li> <li>4. Count number of breaths in one minute. (Normal respiration rate is 12-14 breaths per minute.)</li> </ol>

*Keith W. Schnert is a family doctor who is a leader of the self-care movement and author of How to Be Your Own Doctor (Sometimes) and Stress/Unstress. He is frequently published in national magazines and medical journals.*



# Super Shape-up

Get a better body now! Start by identifying trouble spots. If you're like most women, the three flabbiest/saggiest areas are tummy, thighs and fanny. To get you in shape for spring, we asked four women fitness experts to come up with their best exercises: from the all-important warm-up to effective spot reducers. Check with your doctor before starting any exercise routine. By Maureen Lynch, Beauty and Fashion Director.

Warm-ups



**a.** Start feet apart and arms overhead. Bend left knee, stretch left arm up. Switch to right side. Do 8x each.  
**b.** Touch fingertips with palms up.

Keep back straight. **c.** Lower arms to count of 4, pushing outward to feel the tension. **d.** When arms reach hip-level, slowly turn palms down.

**e.** Legs straight, bend from hips, raising arms high as you can above your shoulders. Bounce forward 4x.  
**f.** Holding ankles, bounce forward 4x.



**g.** Turn feet slightly outward, arms overhead. Leaning weight on bended right leg, stretch arms left. Smoothly change sides in one motion. Repeat 8x.



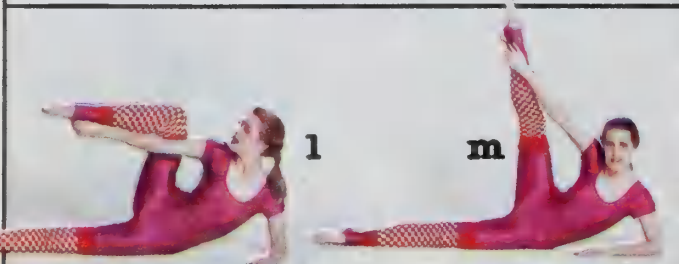
**h.** Bend forward, hands high behind back. Twist right shoulder down, lift left up and back. Lean toward floor, bounce 8x. Switch sides; repeat set.



**i.** Get on hands and knees. Do not arch back. Swing right arm up, then down under torso, leaning over, bending left arm. Do 4x each side; repeat. ▶







**j.** Start on hands and knees, arms straight; lift right leg out to side. **k.** Swing leg smoothly around to far left, bending elbows slightly; touch toe to floor. Bring leg back to starting position, gradually straightening arms. Repeat 6x; switch sides.

**l.** Rest on left elbow, legs straight out, toes pointed. Bend right leg, clasp arch (or ankle). **m.** Straighten leg up, hold to count of 4. Gently pull toward shoulder 4x. Re-bend knee. Repeat series 4x; change sides.



"Your muscles will be 20% more efficient when warmed up with gentle and stimulating exercises. And without the proper warm-up, stiffness may occur when none is necessary."

## SUZY PRUDDEN

A lecturer and television personality, Suzy Prudden has co-authored seven fitness books. Her latest: *I Can Exercise Anywhere Book*.

# stomach

**a.** Sit straight, knees bent, legs together. Grasp outer thighs. **b.** Round shoulders, roll down on tailbone, pulling stomach in. **c.** Remove hands, one at a time (get in balance). Hold hands over head to count of 10; sit up slowly. Do 3x, work up to 10x.

**d.** On floor, knees bent, raise right leg. Clasp hands at knee, tucking chin to chest. Keep waist on floor. **e.** Lift left leg a few inches off floor. Hold to count of 4; alternate legs. Do 5 sets, work up to 10.





**n.** On floor, place hands behind back-side, legs straight, toes pointed. Arch upper back. Lift body, elbows straight, forming a slight arch. Let head fall back. Hold 4 seconds. Repeat as able.

**n**

## LYDIA BACH

Lydia Bach brought a highly successful European fitness program to America, described in her book, *The Lotte Berk Method*.

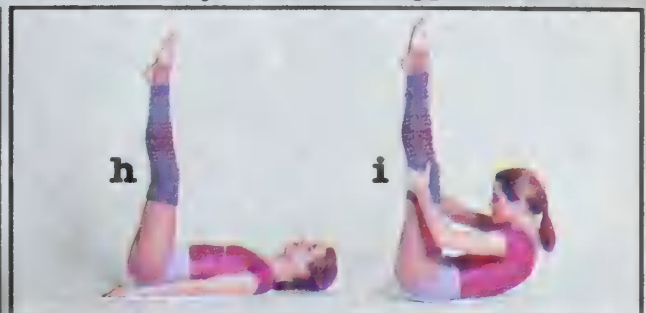


"To tighten and firm your stomach muscles, you'll be doing what I call 'firming tension.' Since the stomach muscles are so hard to reach with exercise, try to maintain each position as long as possible. You should feel the tension mounting. Then relax and breathe deeply."



**f.** Sit with back straight, feet on floor. Grasp left thigh with both hands. **g.** Gradually roll down, looking back over shoulder, holding abdomen in. Curl ribs in toward waist until small of back is on floor. Repeat 5x. Sit up, switch sides. Do 3-5 sets.

**h.** Bring legs up to a right angle, arms at sides. **i.** Grab the backs of your knees and roll up, bringing chin to chest. Try to get as close as possible to your waist. Hold to count of 3. Slowly return to starting position. Do 3-5x.



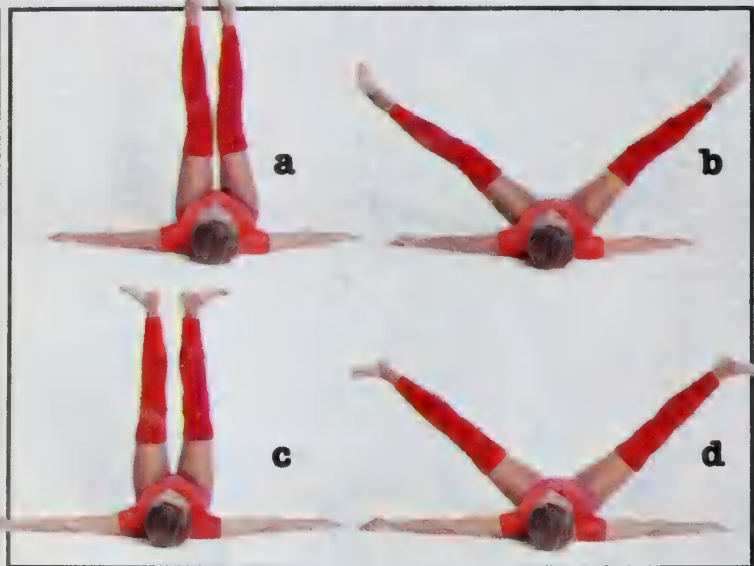




"Thighs are fat, the inner thigh sags, the outer bulges, the back becomes dimpled. To bring tone to and help contour the thighs, you'll be exercising muscles with natural movements. The proof that these exercises work shows on a tape measure."

## MARJORIE CRAIG

Renowned fitness supervisor at the Elizabeth Arden Salon, she's in tip-top shape at age 70. Her recent book: *Miss Craig's 10-Minute-A-Day Spot Reducing Program*.



**a.** Lie on your back, arms out to sides, legs up, with feet turned inward so toes touch. **b.** Keeping toes pointed in, stretch legs apart as far as possible. Return to starting position. Repeat open/shut motion slowly, 20x. **c.** Start again with legs up, but point toes out. **d.** Stretch legs apart, keeping feet parallel to floor. Repeat 20x.



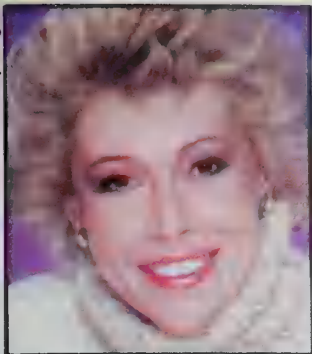
**e.** With back flat on floor, bend right leg, extend left leg upward. Keep knees together. **f.** Lower left leg to a full side stretch, touching foot to floor. Immediately raise leg back to starting position in one smooth motion. Repeat 15x. Change sides, do 15x.

**g.** In side position, rest head on hand, use other hand for support; bend lower leg. **h.** In a series of stop-and-start movements, raise top leg level with hip (hold); up 2" (hold); up 2" more (hold). Lower the same way. When back at hip level, start again; do 8x. Switch sides; repeat.

# thighs







**GILDA MARX**

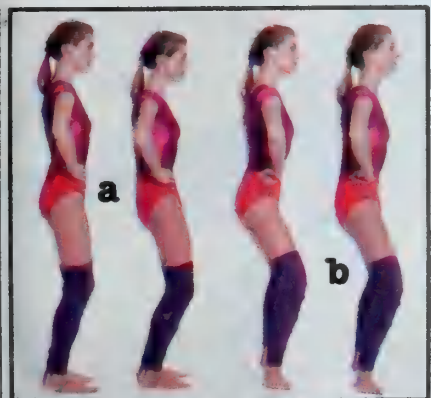
"Nothing ages you faster than a falling fanny. These exercises can help lift and firm your *gluteus maximus* (buttocks)."

Salon owner Gilda Marx designed these exercises and all exercisewear on these pages.



**c.** On back, bend knees, feet apart. **d.** Lift fanny; squeeze. Keep waist on floor. Stay up; squeeze/release 15x, work up to 40.

**fanny**



**a.** Stand with feet 2 inches apart, knees slightly bent, hands on hips. Slowly tilt hips forward, squeezing fanny and inner thighs tightly together. Squeeze then release 15x. **b.** Repeat with feet a step apart, toes pointed out; do 15x.



**e.** On knees, head down, balance weight on turned-in hands. Bring knee to chest, extend leg straight back, pointing toe, raising head. **f.** Lift leg even higher. Repeat 15x, then switch legs. **g.** Large photo; a slight variation. After final lift, bend knee, hold to count of 4. Straighten, start again; 15x each leg.



## The New Cold War Between Housewives and Working Mothers

During the 1970s there was a lot of talk about "sisterhood." The idea was that women should unite in order to reach common goals. In practice, however, the events of the last decade may have done more to divide us than to bring us together. Here is LHM's special report, based on coast-to-coast interviews, on the escalating animosity between homemakers and employed women. By Nancy Rubin



Tom Arma



# S. Women

"I wonder, is it really inflation that drives so many women out of the house and back to work? A lot, I think, has to do with people wanting to live too high and wide. The problem is that our values are all screwed up. Women's lib really hurt the homemaker—it made us feel like we're nothing, like we're second-class citizens because we aren't working. What people don't realize is that by staying home, we may not be making money, but we're not spending any either. By bringing up good kids, we're saving society money in the long run. But the working women look down their noses at us, and meanwhile there we are, picking up the pieces for them, being the unofficial

neighborhood baby-sitters or the ones who give time to community activities. Don't bother me, they say, don't ask me to do things in the community, because I'm holy—I'm working."

Mary Tedrow sits in the cluttered living room of her gingerbread-trimmed nineteenth-century home and, as the night closes in, looks intently at me as she speaks. She is one of many women I have spoken with during my nationwide research for a book on how the suburbs are changing. In the deepening twilight, her voice rises and falls in surprising bursts of emotion, betraying the bitterness of her thoughts, a bitterness so deep she can no longer contain

it. Talking to me is a kind of relief. Outside, hard by Route 317, which brought me just minutes ago from downtown Columbus, Ohio, there are still the reassuring cornfields—remnants, it seems to my Easterner's eyes, of another time, when the values of home, family and community were central to the lives of women. But the cornfields, as I soon learn, have been rented out to other farmers. The farmlands are rapidly disappearing to make way for the tract housing that is the new face of Groveport, Ohio.

A thin, gentle-looking woman, Mary Tedrow is surrounded by the things she loves most. Her desk is crammed high with *(continued)*





## WOMEN VS. WOMEN

*continued*

information for her Girl Scout troops, her bookcases are lined with records for the church where she is an elder, and a table nearby is piled with papers for the Groveport school board, of which she is a member. In the next room, two of her teen-age children sit reading books, watching television and chatting—vibrant young people, the magnetic center of her life.

Mary Tedrow is a serious, committed woman, and like millions of homemakers, she is deeply disturbed by what she sees as a progressive devaluation of her role. Motherhood and devotion to home and family no longer seem to be enough. More than half the women in her community work outside the home. And even though she is a prominent leader, Mary Tedrow feels excluded from the mainstream of American womanhood; even, in some subtle way, slightly less than respectable. Understandably, Mary Tedrow is surprised and hurt by these changes, but she would never think to confront them—or the women who epitomize them—directly. Instead, she contains her sense of indignation quietly inside.

### The housewives' backlash

But she is not alone. Wounded pride is common today among many suburban women remaining at home. Some feel anger and outrage as well. Many have aligned themselves with such groups as Stop ERA, the Pro-Family Political Action Committee, the Eagle Forum, the National Right-to-Life Committee and the Moral Majority. Others identify themselves apolitically, but personally, with such well-publicized hyperfeminine stances as that of Marabel Morgan's "Total Woman" and Phyllis Schlafly's "Positive Woman." Still others have tried to bring a new respectability to the ranks of the homemakers by becoming involved in such groups as Homemakers' Equal Rights Association, Displaced Homemaker legislation activists, mothers' centers or other female-support services. Many have shunned political identification altogether and set about conducting their own lives in accordance with highly personal or religious codes. Most of them fervently hold their chosen role of homemaker as superior to that of the career woman. Ask a homemaker which life course she believes preferable for the improvement of society. Chances are, while she will make exception for the woman who is forced to work out of economic necessity, she will contend that the raising of children, with commitment to the family unit, is the most positive and

natural role she and all other women can pursue.

And it's a good life, women all across the country told me—in many ways, far preferable to paid employment. They speak with authority. Some held jobs for as much as a decade before becoming pregnant with their first child. But now, being a mother and wife is their priority, they say with undisguised pride. Tenderly, they maintain that it is essential for them to be home with their children. And they get great satisfaction from that nurturing role.

"I used to scoff at the housewives when I worked myself," a trim mother of twins told me when I visited a Garden City, New York, "Mother's Day Out" group. "But that was before I had the experience of trying to run a house and bring up kids. It's a lot harder—and more rewarding—than it used to look."

"But don't forget, that's not what the rest of the world thinks," retorted a dark-haired woman. "There's an attitude among people and especially among working women that holding down a job is much more admirable. Almost like there's a moral obligation today for women to work. They don't see how staying home can be a fulfilling role. When these career women finally do have kids, they go right back to work. Frankly, I begin to wonder why they have children in the first place, if someone else is going to bring them up."

Several women started to answer her at the same time. "People just don't care about anybody but themselves today," said a woman in a voice louder than the rest. "It's all me, me, me. What I want and think is important, not what is right for the family or the kids."

### Unjust discrimination?

Increasingly, like these women, a sizable proportion of homemakers have begun to rail against what they perceive as unjust discrimination, the tyranny of the working women. Some have begun to wear T-shirts that proclaim "Every mother works" or "This is no ordinary housewife you are talking to." Others limit their friendships to women who remain at home as they themselves do.

Some are hesitant about letting their children associate with those of working mothers. A 35-year-old woman I interviewed in a fashionable suburb of Chicago said, "All of my children's friends have mothers who are at home. We all have the same views about children and so our kids get along well together. I think that the kids of working parents grow up differently—they are more independent and street-wise. But the kids with

mothers at home seem happier and better adjusted."

The woman was openly stating an opinion that many women privately hold but seldom express, one that manifests itself in the distance and distrust that often seem to exist between working women and housewives. At the heart of the dissension is the question of how much "mothering" a child needs to develop as a happy, successful human being, an issue seldom raised among the devoted mothers of decades past, but which now occurs with increasing urgency. It is this issue, perhaps more than any other, that has divided women, and which threatens to forestall their future growth as a united voice in the 1980s.

In the words of one woman who has chosen to stay home with her children: "There's a working mother on my street. Her attitude is, 'The baby can wait.' She comes home after a day's work and puts the baby in a carriage with its bottle propped up against it. 'I need my time alone to unwind after work,' she tells me. 'When I'm relaxed in another hour, I'll be able to play with the baby.' I've tried to explain to her that kids can't wait like that—that when she gets home, she's got to pay attention to them immediately. But still she doesn't seem to understand. It's the career women like that who really bug me—who infuriate me, in fact! I suppose there must be exceptions. Some working mothers do manage to turn out great kids, I guess, but I've never met any of them. Why is it that the working mothers I seem to meet are always so bad?"

### Working mothers speak out

By the same token, however, many of the working women I have interviewed respond with distinct coolness toward their at-home peers. As Florida feminist Muriel "Nikki" Beare, the founder of the National Association of Women Business Owners, said to me, "A lot of these women at home don't have the courage to make decisions that will effectively put them into a whole different lifestyle, nor are they willing to opt out. So they stay and take what they have to take and therefore they escape into soap operas, drinking, medical problems, neurosis, whatever is an escape . . ."

Yet not all working women are as blatantly critical of full-time housewives as Ms. Beare is, perhaps because the job-holders still harbor some feelings of guilt about not being home with their children, along with an unexpressed envy of the women who don't have to dash for the commuter train every morning. Ironically, while the homemakers feel that the working mothers see *(continued on page 100)*





# YOU ALWAYS HAD A GOOD FEELING ABOUT SOUP. AFTER YOU READ THIS YOU'LL KNOW WHY.

Soup makes you feel good in so many ways. It's the wholesome food that satisfies your appetite and your spirit.

You know that when you've got to go somewhere on a cold windy night, a bowl of steamy Clam Chowder can stoke you up for the trip, and insulate you inside till you get there.

Or, when the midday sun is sweltering you, a bowl of refreshing, chilled Consommé (maybe with a salad and iced tea) tastes great and keeps you going through the day.

**But did you know nutritionists are now finding out that nutrition-wise, soup is super.** Three different sources support the goodness of soup.

Using data from one of the largest studies ever made on nutrition (conducted by Government health agencies), experts from leading

universities identified differences in people's diets.\* **It was found that soup can be a significant part of a balanced and healthful diet.**

And when compared to other foods in a Nutrient Density Rating System\*\* used by nutritionists, many of the most popular soups come through with flying nutrients. **In fact, some soups have more nutrients per calorie than other good foods you think are very nutritious.** For instance, calorie for calorie, Campbell's Chicken Noodle Soup has more protein and thiamin than peanut butter, or rye bread.

***Campbell's***  
**SOUP IS GOOD FOOD.**

In another way of rating soup, based on U.S. Department of Agriculture data, one 10 ounce serving of Campbell's **Old Fashioned Vegetable Soup has more Vitamin A than 2 heads of lettuce, 12 ears of corn, or four tomatoes.**

And soup is not only good for your body. It's good for your soul. When you come home from a hard day all frazzled, a heart-warming cup of zesty Minestrone can really unwind you. Because what could be more soothing than soup?

And so digestible. If you've got a little empty spot late at night, a bowl of delicious Mushroom Soup will hit the spot perfectly and let you sleep like a log.

So you can see, there's a good reason for the good feeling you get with soup. One of the many reasons why Soup is Good Food.

\*As published in The American Journal of Clinical Nutrition, April, 1981

\*\*Source: Hansen, R. G., Wyse, B. W., Sorenson, A. W., The Nutritional Quality Index of Foods, AVI Publishing Co., Inc., Westport, Conn. 1979

Note—Mean value sources for nutrient comparison: USDA Handbooks No. 8 and 456 and Campbell Soup Co.



# Facts about our chips and your star of the





# and nutrition that you stage should know.

He's a hit. He didn't forget a line. He didn't miss a cue. But he's not headed for Broadway after school, he's headed home for something to eat. So when your scene stealer comes through the door, what will you do if he asks you for potato chips?

How will you feel as a mother, knowing how hard you try to get your family to eat the right things?

**The more you know, the better you'll feel.**

Right off, we're going to tell you that our snack chips are not the answer to total nutrition, but they can be part of it.

No food provides all the nutrients in all the amounts required for good health. That's why a balanced diet's important. And when your family enjoys our chips as part of that balanced diet, they're getting beneficial nutrients in every ounce.

**Take Ruffles® Brand Potato Chips for example.**

A one ounce serving (about 5-20 good-sized chips) is a good source of Vitamins C and B<sub>6</sub>. In

total, Ruffles Potato Chips contain at least 13 widely recognized nutrients. Because they're made from fresh potatoes and quick-cooked to help keep the natural nutrients in.

**Kids don't watch calories, but you do.**

That same one ounce serving contains only 150 Calories. That's a surprising figure to a lot of people. They expect much more from potato chips.

So even if your family eats more than one ounce, and sometimes that's easy to do, they'll still get fewer calories than you thought.

**What about salt?**

One ounce of Ruffles Potato Chips contains less sodium than a lot of foods you'd never think of. Like a ½ cup of cottage cheese. Two slices of bread. Or an 8 ounce glass of tomato juice. But it's easy to explain. Potato chips taste salty because the salt is on the outside. The same goes for our corn chips. And they have even less salt.

**The facts about cholesterol and preservatives.**

The regular flavor Frito-Lay chips shown below contain no cholesterol. None. Because they're fried only in vegetable oils that are high in polyunsaturates. The chips flavored with cheese or sour cream are fried in the same oils but contain the small amount of cholesterol that comes from real cheese and sour cream.

And there are no preservatives in any of these chips, regular or flavored.

All this is on the back of the bags. No one said we had to have nutrition labeling. But we do. Because we'd like to play a

role in making you feel better about what you serve your family.

**GOOD THINGS TO KNOW ABOUT GOOD THINGS TO EAT.**



<b>Ruffles</b>		
<b>Potato Chips</b>		
<b>NUTRITION INFORMATION</b>		
<small>(Per Serving) Serving Size 1 ounce Number of Servings 1</small>		
Calories .....	150	
Protein .....	2	grams
Carbohydrate .....	14	grams
Fat .....	10	grams
Cholesterol*		
(5 mg/100 g) ...	0	milligrams
Sodium		
(925 mg/100 g)	260	milligrams
Potassium		
(1020 mg/100 g)	290	milligrams
<small>Percentage of U.S. Recommended Daily Allowances (U.S. RDA)</small>		
Protein .....	2	
Vitamin A .....	10	
Vitamin C .....	10	
Thiamine .....	2	
Riboflavin .....	2	
Niacin .....	4	
Calcium .....	2	
Iron .....	2	
Vitamin B <sub>6</sub> .....	10	
Phosphorus .....	4	
Magnesium .....	4	
Copper .....	6	
<small>*Information on cholesterol content is provided for individuals who, on the advice of a physician, are modifying their total dietary intake of cholesterol.</small>		
<small>**Contains less than 2% U.S. RDA for this nutrient</small>		





## "The secret of my delicious salad dressings is Hidden Valley Ranch."

There's Ranch® Original. It has a rich, lively flavor. And it's the original.

"And Vintage Herb!" Ahhh! A unique mix of wonderful herbs. There isn't another dressing quite like it, anywhere!

"All I really do is add milk and mayonnaise. But these dressings are so delicious, I like to say I make them all by myself. You'll want to say the same thing. I won't tell if you won't. Shhh!"

**Unique flavors**  
(secret recipes!)



themselves as superior, a sizable number of employed women still feel ambivalent over the lifestyle that they've chosen. Consequently, instead of leveling direct accusations at housewives, many working mothers couch their disapproval in a "that's fine for her, but not for me" attitude. One energetic young Miami woman with three children put it this way: "I just got bored at home, that's all. It just wasn't my style. So I decided to get out of the house and make some money. Why not? I mean, how much housework can you do? So I went into business with my brother and sister-in-law. My kids watch themselves after school. My husband helps with the housework and the laundry. Don't get me wrong, though, I'm certainly not a feminist—I just couldn't sit around the house all day. It would drive me nuts."

Another working mother, referring to a stay-at-home neighbor, said, "Her kids are in school now, and they have extracurricular activities that keep them busy afternoons, too. I don't know what she does all day. Reads the paper. Cans peaches. And she has a degree in architecture! She seems happy, but I'd go crazy just putting away my days like that."

### A certain smugness

Some working women, though, do express resentment about what they feel is a certain smugness on the part of the housewives. "Look," said one mother of two who works full-time, "I may not be a perfect mother, but I think I'm doing a good job with my kids and they're terrific—self-confident, well-mannered, bright. Of course I feel guilty sometimes, when I simply can't take time off to see the school play or whatever, but I think the kids understand. What burns me up is the housewives who twist the knife. The other day, the class mother from Jason's room called and said oh-so-sweetly, 'We're going on a field trip next Tuesday and I was hoping you'd take the day off and come with us. It would mean so much to Jason.' I felt like a worm saying no, but I couldn't get a day off right then. Anyway, how does *she* know what would mean so much to Jason?"



"Rodney and I are adopting."



# FLEISCHMANN'S HEALTH LESSON #4

## GO LIGHT ON CALORIES AND FAT... NOT FLAVOR.



5502

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**25¢**

**25¢**

STORE COUPON

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### Low Calorie Cucumber Dill Dip

Makes about 1 cup

Blend ¼ cup Fleischmann's® Light Corn Oil Spread, ¾ cup dry cottage cheese, ½ cup peeled, seeded and chopped cucumber, ¼ cup chopped onion, 2 tsp. lemon juice, ½ tsp. dried dill weed and ¼ tsp. salt until smooth. Calories per tablespoon: 30. Cholesterol (milligrams per serving): 0.

Frankly, I think he's better adjusted than *her* son. She's a 'smother mother' in every sense of the word. It's a wonder that child can tie his own shoes."

This feeling that homemakers are too involved with their youngsters, too slavishly devoted to mothering, is openly echoed by many working women. But others, paradoxically, feel that some housewives actually spend *less* time with their children than do the careerists. Said one working mother of three teenagers, "The women I know who are at home are always playing tennis or bridge or doing volunteer work. They think we ignore our kids, but the truth is, we make an enormous effort to spend 'quality time' with them. My husband and I have dinner with our children every evening, for example. But just look at the people next door. She's at home all day, but they eat in front of the TV if they eat together at all. Half the time she's off to some club meeting and the family fends for itself. But nobody criticizes her. She's a full-time mother. Or is she? Well, that depends on your definition."

Many working women also complain that the housewives feel that the careerists look down upon them. It is this projected sense of disapproval, more than any other factor, the careerists contend, that discourages poten-

tially rich and rewarding friendships from forming among the two groups of women. A Richardson, Texas, entrepreneur, a well-known figure in the Dallas business community, was repeatedly set on edge by the behavior of the other women in her community when she went to a PTA meeting or attended a sports event in which her son was a participant. As soon as she greeted her homemaker acquaintances, she sensed an uncomfortable shift in their behavior. "It was as if my appearance triggered some special signal. As soon as they'd see me, they would actually begin to talk differently. The entire thrust of the conversation seemed to change. Instead of discussing laundry detergent or grass seed, they'd start talking about what they read in the papers or about local politics. Gradually I came to realize that I was in some way a kind of threat to them."

### Toward a truer sisterhood

The result of all this barely concealed animosity between the housewives and working women is an ever-widening rift. Ironically, while the women in both camps spoke openly to me in my role as a reporter, they rarely seemed to confront each other with their complaints. It is this lack of communication that has caused so

much of the bitterness, suspicion and misconception between them.

Sometimes, the divisions between us run deeper than we care to admit. Often we pretend the painful schism doesn't exist, as a neighborhood friend and I did until an incident occurred that brought our differences to the surface.

Susan and I had been friends for the three years since we had coincidentally moved to a suburban neighborhood in New York's Westchester County. Yet, because she was a full-time homemaker and I a free-lance reporter with an erratic schedule that often included out-of-town trips, our day-to-day lives did not have the same rhythms. I had never thought of this as a problem, however, since the two of us had looked after each other's children frequently, and I had never taken advantage of her. Then one memorable Thursday in June 1979, I had to make an unexpected out-of-town trip and my sitter had the flu. I called my husband to see if he could come home early, but he couldn't. He promised to take Friday off, since I wouldn't be back until Sunday, but that still left me with the Thursday after-school hours uncovered. Instinctively, I called Susan, breathlessly explained my dilemma, and asked her to take over for me. I know now that as I

(continued)



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Moisturizer.

Lynda Carter



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use what I use. Maybelline  
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Use it now. You could have  
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presented must be shown on request. Failure to do so will void  
applicable coupons. Coupons transferable only to Maybelline.  
Use or transfer of coupon not in compliance with the terms  
hereof will void applicable coupons. Sales tax must be paid by  
consumer. Void where prohibited, taxed or restricted. Good  
only for the mentioned Moisture Whip products. When  
redeemed according to terms hereof, cash value is 25¢,  
otherwise 1/20 of a cent. Facsimiles or copies are void. Good  
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## WOMEN VS. WOMEN

continued

quickly ticked off the children's after-school schedules, I wasn't giving Susan the option to refuse. I was assuming that because Susan was home all day, any plans she might have could easily be cancelled to accommodate me. In any case, Susan agreed to help, but when I telephoned to thank her upon my return, there was a distinct edge to her voice.

"I'm not angry," she said, "just a bit put out with you."

"With me? Why?"

"I don't want to get into it over the phone. Why don't you come over here," she snapped.

Decidedly perplexed, I arrived at her doorstep. As she opened the door, I saw that she, too, seemed nervous.

"But what is the matter?" I asked.

"Everything and nothing," she said after a long, awkward silence. "Sometimes you really upset me. Or maybe it's not you. Maybe it's just me and my problems that make everything seem so bad lately. You really got my goat the other day. Just because you work doesn't mean you're more important than I am!"

"I'm not. Whoever said that?" I responded, feeling suddenly very uncomfortable.

"Well, no one did. But it's just the way I feel. It's the way you make me feel sometimes."

"But how? Why are you upset about the other day? I'm sorry. Really."

"No, it's not that," she protested, "or at least that isn't the primary cause. It was the straw that broke the camel's back. It's just that you always seem so busy. That makes me feel bad, insignificant. Like I'm not important because I'm at home."

"How can you say such a thing?" I gasped with surprise. "I don't feel that way about what you do. In fact, I wish

I could do what you do—stay home with the kids all the time. But I'm just not cut out that way."

Then I explained my own jumbled feelings of guilt. As she listened, tears welled up in her eyes. We were both saddened by the rift that had grown imperceptibly between us.

"We're friends again," she said simply and softly.

"I'm glad we talked," I told her. "We should do it more often."

We looked at each other across the space separating us. In that moment we moved a step closer to understanding the dilemma of women today.

### If we could really talk

If only we hadn't harbored our resentment against each other in silence for so long. If only we could really talk with each other in the future, the differences between us would no longer be threatening. If only we could make each other feel appreciated and admired.

Today, the potential for female unity depends upon flexibility of a special sort, the kind that capitalizes upon our strengths as women, that extols rather than denigrates. In the diversity of the new woman, in the ingenious ways she is developing to link herself to the mainstream and work, even as she retains her roles as wife and mother—and, yes, in the pain she feels in social fragmentation—the potential for true sisterhood is surely there.

End

*What do you think? How can the dissension between working women and housewives be resolved? We'd love to know what your suggestions are. If you'd like to share them with us, please write to Box WVW, Ladies' Home Journal, 641 Lexington Avenue, New York, N.Y. 10022. In a future issue, we'll print a follow-up report based on the responses we receive.*



"I did not forget our wedding anniversary. I ignored it."



**SAUSAGE, PEPPER AND POTATO SKILLET**

pictured on page 70

*Serve this with eggs for brunch, too.*

- 1 pound Italian-style sausages, cut into 1-inch chunks
- 1 medium onion, cut into 1-inch chunks
- 1 green pepper, cut into 1-inch chunks
- 1 red pepper, cut into 1-inch chunks (or use another green pepper)
- 4 medium potatoes, peeled and cut into ¾-inch chunks
- ¾ cup water
- 1 teaspoon salt
- ½ teaspoon pepper

In large skillet brown sausage on all sides. Drain off excess drippings; add remaining ingredients. Cover and cook over low heat about 15 to 20 minutes, until potatoes are fork tender. Makes 4 servings, about 680 calories each.

**CALIFORNIA SKILLET**

pictured on page 71

*Only ½ pound meat in this spicy dish.*

- 1 tablespoon salad oil
- ½ pound ground beef or ground turkey
- 1 cup chopped onions
- 1 tablespoon chili powder
- 2 cups water
- 1 can (10¾ oz.) condensed tomato soup, undiluted
- 1 can (12 oz.) whole kernel corn, undrained
- ¼ cup chopped green chilies (optional)
- 1 teaspoon Worcestershire sauce
- 1 cup elbow macaroni, uncooked
- ½ teaspoon salt
- ½ teaspoon pepper
- ½ cup sliced pitted ripe olives
- 1 cup shredded Cheddar cheese

In large skillet heat oil. Add beef or turkey and onions and cook until meat loses its pink color. Stir in chili powder. Add remaining ingredients except olives and cheese. Cover and simmer 20 minutes. Stir in olives; sprinkle with cheese. Cover and cook just until cheese melts. Makes 4 servings, about 590 calories each with beef, 510 calories each with turkey.

**SUKIYAKI**

pictured on page 71

*A simplified version of the Japanese classic—easy on the calories, too.*

- ¾ pound beef flank steak, about 1 inch thick
- ¼ cup white wine, divided
- ¼ cup soy sauce, divided
- 2 medium onions, peeled
- 2 medium carrots, peeled
- 2 ribs celery
- ¼ pound fresh mushrooms
- 4 green onions
- 1 package (10 oz.) fresh spinach, rinsed and trimmed (4 cups)
- 1½ cups beef broth
- 1 tablespoon sugar
- 1 tablespoon salad oil
- 1 cup very fine egg noodles, uncooked

Place beef in freezer about 30 minutes for easier slicing, then cut into ⅛-inch slices. In medium bowl combine meat

spoons soy sauce. Set aside and marinate while preparing vegetables.

Slice onions, carrots, celery and mushrooms into ¼-inch slices. Cut green onions into 1-inch lengths; tear spinach into bite-sized pieces. In small bowl combine beef broth, sugar and remaining wine and soy sauce.

In large skillet heat oil; add onions, carrots, celery, mushrooms and green onions. Add beef broth mixture and noodles. Simmer 8 minutes. Stir in meat strips and marinade; cook just until meat loses its red color. Add spinach and cook, stirring, about 2 minutes longer. Makes 4 servings, about 310 calories each.

**CHICKEN PAPRIKA WITH CHIVE DUMPLINGS**

- 2 tablespoons flour
  - 1 cup sour cream
  - 2 tablespoons salad oil
  - 1 broiler-fryer (3½ lbs.), cut into pieces
  - 1 cup chopped onion
  - 2 tablespoons paprika (preferably sweet Hungarian)
  - 2 cups water
  - 2 chicken bouillon cubes
  - ¾ teaspoon salt
  - ½ teaspoon pepper
- Dumplings**
- 1 cup buttermilk baking mix
  - ⅓ cup milk
  - 2 tablespoons chopped chives
  - 1 package (10 oz.) frozen green peas

In small bowl stir flour well into sour cream; set aside.

In large heavy skillet heat oil. Add chicken and brown on all sides. Remove chicken; add onion to drippings and sauté until translucent, about 5 minutes. Stir in paprika. Add water, bouillon cubes, salt and pepper; stir until bouillon cubes are dissolved. Stir in sour cream mixture. Return chicken to skillet; cover and simmer 20 minutes.

**Dumplings:** Meanwhile, in small bowl combine baking mix and milk; stir in chives. Push chicken pieces aside in skillet and drop dumpling mixture in 4 large spoonfuls several inches apart into simmering sauce. Simmer 10 minutes uncovered; then add peas, cover and cook 10 minutes more. Makes 4 servings, about 755 calories each.

**TUNA ZUCCHINI CURRY***Dinner in 20 minutes—it's a snap.*

- 2 tablespoons butter or margarine
- 1 cup chopped onions
- 1½ teaspoons curry powder
- 1 can (10¾ oz.) condensed cream of potato soup, undiluted
- 1 can (20 oz.) chick peas or garbanzo beans, drained
- 1 medium zucchini, cut into ½-inch slices
- ½ cup water
- Dash pepper
- 1 can (6½ or 7 oz.) tuna, drained

In heavy skillet melt butter or margarine; add onions and sauté over low heat until browned. Stir in curry

powder, then add soup, chick peas, zucchini, water and pepper. Cover and simmer 10 minutes. Stir in tuna and cook just until heated through. Makes 4 servings, about 375 calories each.

**SKILLET SCRAMBLE**

- 2 tablespoons butter or margarine
- 2 tablespoons salad oil
- 1 cup chopped green pepper
- ½ cup chopped onion
- 1 cup (4 oz.) diced cooked ham
- 1 can (8 oz.) tomatoes, drained and chopped
- 5 eggs
- ½ teaspoon salt
- ¼ teaspoon pepper

In large skillet (preferably nonstick) melt butter or margarine with oil. Sauté pepper and onion over medium-low heat 10 minutes or until very tender. Stir in ham and tomatoes; cook over medium heat until liquid evaporates, about 6 to 7 minutes.

In medium bowl beat eggs with salt and pepper. Stir into ham mixture; cook over low heat until eggs are set, about 3 to 4 minutes. Makes 4 servings, about 290 calories each.

**PICADILLO SKILLET**

- 1 tablespoon salad oil
- 1 pound ground beef
- 1 cup chopped onions
- 1 garlic clove, crushed
- 1¼ cups water
- 1 can (16 oz.) tomatoes, chopped
- 1 cup long-grain rice
- ⅓ cup seedless raisins
- 1 tablespoon sugar
- 1 tablespoon vinegar
- 1½ teaspoons salt
- ½ teaspoon cinnamon
- ⅓ teaspoon pepper
- Dash cloves
- ½ cup sliced pimiento-stuffed olives
- ⅓ cup slivered almonds

In large skillet heat oil. Add beef and brown with onions and garlic; drain off drippings. Add remaining ingredients except olives and almonds. Cover and simmer 20 minutes or until rice is tender. Stir in olives and almonds and serve. Makes 4 servings, about 610 calories each.

**PORK CHOP SKILLET**

- 4 pork chops, about ½ to 1 inch thick (about 1¾ lbs.)
- Salt
- Pepper
- 8 small new potatoes, scrubbed
- 4 small onions, peeled and quartered
- 4 carrots, peeled and cut into 1½-inch pieces
- 1 cup beef broth
- 1 garlic clove, crushed
- 1 package (10 oz.) frozen Italian beans or cut green beans

Sprinkle chops with salt and pepper. Heat large heavy skillet and brown chops on both sides, about 15 minutes. Add potatoes, onions, carrots, broth and garlic. Cover and simmer 30 minutes. Add beans; cover and cook 10 minutes more. Makes 4 servings, about 565 calories each **End**





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Don't tell anyone. But this sinfully delicious, creamy rich cheesecake is a snap to make!

The secret is Eagle® Brand Sweetened Condensed Milk—the dessert maker that makes so many luscious desserts easy.

Eagle Brand is a special precooked blend of milk and sugar that gives your cheesecake the richness you love without the fuss you'd expect.

So who can resist the temptation!

## Creamy Baked Cheesecake

(Makes one 9-inch cheesecake)

$\frac{1}{4}$  cup margarine or  
butter, melted  
1 cup graham cracker  
crumbs

$\frac{1}{4}$  cup sugar

2 (8-ounce) packages  
cream cheese, softened

1 (14-ounce) can Eagle®  
Brand Sweetened  
Condensed Milk  
(NOT evaporated milk)

3 eggs

$\frac{1}{4}$  teaspoon salt

$\frac{1}{4}$  cup ReaLemon®  
Reconstituted  
Lemon Juice

1 (8-ounce) container  
sour cream

Preheat oven to 300°. Combine margarine, crumbs and sugar; pat firmly on bottom of buttered 9-inch springform pan. In large mixer bowl, beat cheese until fluffy. Beat in Eagle Brand, eggs and salt until smooth. Stir in ReaLemon. Pour into prepared pan. Bake 50 to 55 minutes or until cake springs back when lightly touched. Cool to room temperature; chill. Spread sour cream on cheesecake. Garnish as desired. Refrigerate leftovers.

**Peach Melba Topping:** Reserve  $\frac{2}{3}$  cup syrup drained from 1 (10-ounce) package thawed frozen red raspberries. In small saucepan, combine reserved syrup,  $\frac{1}{4}$  cup currant jelly and 1 tablespoon cornstarch. Cook and stir until slightly thickened and glossy. Cool. Stir in raspberries. Drain 1 (16-ounce) can peach slices; top cake with peach slices and sauce.



The dessert maker for 125 years.



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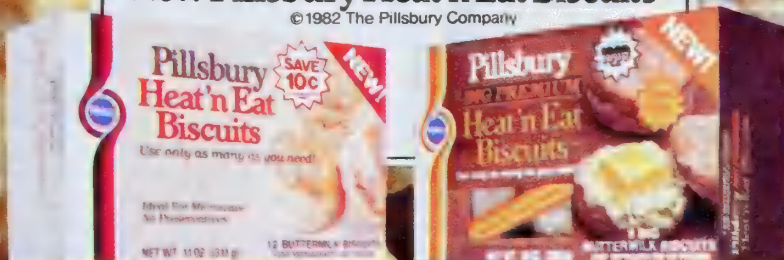


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Either way, you'll enjoy every single bite, without wasting one single biscuit.

**New Pillsbury Heat 'n Eat Biscuits**

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Yeah, but I'll bet you don't  
have Miracle Whip.

"THE BREAD SPREAD"

## GREAT COOKS' GREAT CAKES

*continued from page 77*

All pictured on pages 76 and 77

### JOHN CLANCY'S SAVARIN CHANTILLY

#### Cake

- 1 package active dry yeast
- ½ cup lukewarm milk (110° to 115°F.)
- 3 tablespoons sugar
- 2 cups all-purpose flour
- 4 eggs, lightly beaten
- ½ teaspoon salt
- 12 tablespoons unsalted butter, softened

#### Rum Syrup

- 2 cups water
- 1 cup sugar
- ½ cup dark rum

½ cup apricot preserves, heated and sieved

#### Cream Chantilly

- 1 cup heavy cream
- 1 teaspoon vanilla extract
- 2 tablespoons confectioners' sugar

#### Strawberries

**Cake:** Add yeast to warm milk, then ½ teaspoon sugar. With fork stir together a few times. With your finger wipe down into the mixture any yeast granules clinging to fork. Set aside for 6 to 8 minutes.

Place flour in large mixing bowl. Add eggs, remaining sugar, salt and yeast-milk mixture. With a wooden spoon beat until smooth. Cover bowl with a towel and let batter rise 45 minutes or until doubled in volume. Meanwhile, grease a 6-cup savarin mold; set aside.

With wooden spoon stir down batter. Beat in softened butter one tablespoon at a time and continue to beat until you see only small specks of the butter in the batter. Scrape batter into greased mold. Cover with a towel and let rise 35 minutes.

Place savarin mold in preheated 400°F. oven and bake 10 minutes. Reduce heat to 350°F. and bake 20 minutes or until top is golden brown. Remove from oven; cool on wire rack about 10 minutes.

**Rum Syrup:** Meanwhile, combine water and sugar in small saucepan. Stir over low heat. Raise heat and boil 5 minutes. Remove from heat and add rum.

When cake has cooled to lukewarm, place on serving dish. Slowly spoon syrup onto top of cake, adding spoonful of syrup gradually until cake has absorbed all of it.

Brush with apricot preserves. Set cake aside.

**Cream Chantilly:** Whip cream until it holds soft peaks. Stir in vanilla, then sugar.

Spoon strawberries into center of Savarin and garnish with Cream Chantilly (serve remaining on the side). Serve at once.

Makes 10 to 12 servings, about 415 calories per 10, 345 per 12. Add about 25 calories per tablespoon Cream Chantilly.

## MAIDA HEATTER'S SEPTEMBER 7th CAKE

### Cake

- 6 extra-large eggs, separated
- ¾ cup granulated sugar
- ¼ cup plus 1 tablespoon sifted unsweetened cocoa powder (preferably Dutch process)
- ¼ teaspoon salt

### Filling

- ¾ teaspoon unflavored gelatin
- 1½ tablespoons cold water
- 1½ cups heavy cream
- ⅓ cup confectioners' sugar
- ¼ teaspoon vanilla extract

### Icing

- 8 ounces semisweet chocolate
- ¼ cup butter
- 1 tablespoon dry instant coffee
- ¼ cup boiling water
- 2 cups heavy cream
- ¼ cup confectioners' sugar
- 1 teaspoon vanilla extract

Adjust rack one-third up from bottom of oven and preheat to 375°F. Butter two 9-inch round cake pans; line bottoms with wax paper cut to fit. Butter paper and sprinkle with flour, tapping out excess.

**Cake:** In small mixer bowl with mixer at high speed beat egg yolks for 5 minutes, until light and lemon-colored. Add about half (6 tablespoons) the sugar (reserve remaining half) and beat at high speed for 5 minutes more until mixture is very thick and forms a wide ribbon when beaters are lifted.

Add cocoa and beat on lowest speed, scraping bowl with spatula and beating only until cocoa is completely mixed in. Set aside. In large mixer bowl add salt to egg whites. With clean beaters beat at high speed until whites barely hold a soft shape. Reduce speed to medium while gradually adding reserved sugar. Increase speed to high and beat until whites hold a definite shape when beaters are raised (they should not be stiff or dry).

In several additions, small at first (about a large spoonful), fold half the beaten whites into cocoa mixture. Then fold cocoa mixture into remaining whites. Do not handle any more than necessary. Spoon mixture evenly into prepared pans. Gently smooth each layer. Bake 30 to 35 minutes or until layers spring back when lightly pressed with finger and begin to pull away from sides of pans.

Remove from oven. Cut around cake to loosen and invert onto wire racks. Remove pan, peel off paper, cover layer with another rack and invert again to let layers cool right side up. While cooling, layers will sink, sides will buckle and look uneven, but don't worry. That is to be expected. The filling and icing will cover them and they will be light, moist and delicious.

When layers are completely cool, prepare a flat cake plate: Cut four strips of wax paper, each about 10x3 inches. Place around outer edges of plate. Place (continued on page 110)



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- |   |  |
|---|--|
| 1 cup graham cracker crumbs                   | 1/2 cup sugar                                |
| 3 tablespoons sugar                           | 3 tablespoons flour                          |
| 3 tablespoons Parakey margarine, melted       | 1 teaspoon vanilla                           |
| 3 8-oz. pkgs. Philadelphia Brand cream cheese | 3 eggs                                       |
|   | 1 1-oz. square unsweetened chocolate, melted |

Combine crumbs, sugar and margarine; press onto bottom of 9-inch springform pan. Bake at 350°, 10 minutes.

Combine softened cream cheese, sugar, flour and vanilla, mixing at medium speed on electric mixer until well blended. Blend in eggs. Blend chocolate into 1 cup batter. Spoon plain and chocolate batters alternately over crust; cut through batter with knife several times for marble effect. Bake at 450°, 10 minutes. Reduce oven temperature to 250°; continue baking 30 minutes. Loosen cake from rim of pan; cool before removing rim of pan. Chill. Garnish with whipped cream, if desired.





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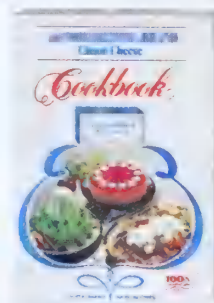
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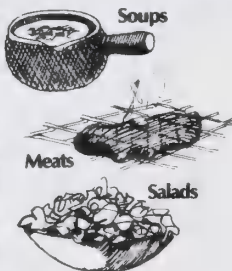
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#### GREAT COOKS' GREAT CAKES

*continued from page 106*

one layer upside down on plate with wax paper touching all edges of cake.

**Filling:** Meanwhile, sprinkle gelatin over water in small, heatproof cup. Let stand 5 minutes. Place cup in small pan containing about an inch of hot water. Set over moderate heat and let stand until gelatin dissolves, then remove from hot water and set aside.

Set aside ¼ cup cream. Place remaining in small mixer bowl. (If the room is warm, bowl and beaters should be chilled.) Add sugar and vanilla. Beat at high speed only until cream has increased in volume and holds a soft shape. Then quickly stir reserved ¼ cup cream into warm, dissolved gelatin and, with mixer running, pour gelatin all at once into the slightly whipped cream; continue to beat until firm enough to hold a shape.

Spoon all the whipped cream over the bottom cake layer; spread carefully and evenly. Cover with second layer, right side up. Place in refrigerator while preparing icing.

**Icing:** Coarsely chop chocolate and place in top of small double boiler over hot water on moderate heat. Add butter. Stir with spatula until melted and smooth. Remove from hot water and transfer to medium mixing bowl.

In cup dissolve coffee in boiling water;

pour over the chocolate. Stir to blend.

Now the chocolate *must* cool to room temperature (test on inside of your wrist). You can let it stand, or if you are very careful not to overdo it, stir it briefly over ice and water, but not long enough for chocolate to harden.

When chocolate has cooled, place cream, sugar and vanilla in small mixer bowl. Beat at high speed only until cream holds a soft shape. It is very important that you do not whip cream until it holds a definite shape. That would be too stiff, would make the icing too heavy, and would also give it a slightly curdled appearance. Everything about this cake should be light and airy. (The chocolate will stiffen the cream a bit more.)

In two or three additions fold about half the cream into chocolate. Then fold chocolate into remaining cream.

Remove cake from refrigerator and place on turntable or lazy Susan, if you have one. Use as much icing as you need to fill in any hollows on sides of cake (use spoon or metal spatula), then smooth icing around the sides. If using a turntable, rotate it while you hold a small metal spatula against the sides to smooth icing. Spread a thin layer on top. Then spread the sides again to make them neat.

To decorate the top, spoon remaining chocolate icing (about 3 cups) into pastry bag fitted with #6 star-shaped tube. To form icing lines, begin at edge of cake, squeeze out icing in a straight line in a back and forth motion (like ribbon candy) across top of cake. Continue lines, overlapping slightly, until top of cake is covered. (I find it easier to start from the middle, covering one side all the way and then the other side all the way to cover top of cake entirely with these wavy lines.)

Remove wax paper strips by pulling each one out toward a narrow end.

Refrigerate at least 6 hours or overnight; serve cold. To slice without squashing, insert point of a sharp knife in center of cake. Then cut with a sawing motion. Makes 12 servings, about 490 calories each.

#### JULIA CHILD'S REINE DE SABA (Chocolate and Almond Cake)

##### Cake

- 4 ounces semisweet chocolate
- 2 tablespoons rum or brewed coffee
- ½ cup softened butter
- ¾ cup plus 1 tablespoon granulated sugar
- 3 eggs, separated
- Pinch salt
- ½ cup ground almonds
- ¼ teaspoon almond extract
- ¾ cup sifted cake flour returned to sifter

##### Icing

- 1 ounce semisweet baking chocolate
- 1 tablespoon rum or brewed coffee
- 3 tablespoons unsalted butter

##### Sliced almonds

**Cake:** Preheat oven to 350°F. Butter

and flour an 8x1½-inch round cake pan. Melt chocolate with rum or coffee over almost simmering water.

With mixer at medium speed cream butter and ⅓ cup sugar for several minutes until pale yellow and fluffy. Beat in egg yolks until well blended.

In separate bowl beat egg whites and salt until whites form soft peaks. Sprinkle on 1 tablespoon sugar and beat until whites form stiff peaks.

With rubber spatula blend melted chocolate into butter-sugar mixture, then stir in almonds and almond extract. Immediately stir in ¼ of the beaten egg whites to lighten the batter. Delicately fold in ⅓ of remaining whites and, when partially blended, sift on ⅓ of the flour and continue folding. Alternate rapidly with egg whites and flour until all are blended.

Spoon batter into cake pan. Bake in middle level of oven for about 25 minutes. Cake is done when it has puffed, and 2½ to 3 inches around the circumference are set so that a cake tester plunged into that area comes out clean; center should move slightly if pan is shaken and tester should come out oily. Cake must remain slightly underdone; overcooked it loses its special creamy quality.

Cool in pan for 10 minutes. Run a knife around edge of pan and reverse cake on rack. Cool for an hour or two; cake must be thoroughly cool when iced.

**Icing:** Stir chocolate and rum or coffee in saucepan over hot water until chocolate has melted into a very smooth cream. Remove saucepan from hot water and beat in butter, a tablespoon at a time. Then beat over cold water until cool and of spreading consistency. Immediately spread over cake with metal spatula or knife. Garnish with sliced almonds. Makes 6 to 8 servings, about 580 calories per 6, 435 calories per 8.

#### JAMES BEARD'S SEED CAKE

- 2 cups butter, softened
- 2 cups sugar
- 10 large eggs, separated
- 2 tablespoons rum, brandy or orange juice
- 1 teaspoon vanilla extract
- 4 cups sifted cake flour or ¾ cups all-purpose flour
- ¾ teaspoon salt
- 1 tablespoon caraway seed
- 1 teaspoon lemon juice or cream of tartar (optional)

Grease and flour a 12-cup Bundt cake pan or two 9x5-inch loaf pans; set aside. In large bowl cream butter until very fluffy, easiest done with electric mixer. Cream in sugar. This mixture should be like sweetened whipped cream in texture.

In another bowl with mixer at medium to high speed drop in egg yolks one at a time. (If mixing by hand, beat with rotary beater or whisk *(continued)*)



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until very light and lemon-colored.) Add to butter-sugar mixture; beat vigorously. The mixture should be even lighter after egg yolks are added.

Stir or beat in flavorings. (It is customary to use several flavorings—a combination of orange juice and vanilla or rum, or brandy with a little vanilla, or 1 tablespoon each rum and brandy.) Combine flour, salt and caraway seed. With mixer at lowest speed or by hand, stir into creamed mixture until well blended, scraping sides and bottom of bowl often with spatula. Beat egg whites until foamy and, if you like, add lemon juice or cream of tartar at this point to stabilize egg whites. Beat until stiff but not dry—mixture should hold soft peaks. Fold into cake batter with spatula. Spoon immediately into prepared cake pan, filling a little more than half full. Bake in preheated 325°F. oven for about an hour. Test by pressing center lightly with finger. When cake springs back and has pulled away from sides of pan, it is done. Cool on wire rack about 15 minutes. Loosen from pan and turn out onto rack to cool completely. Seed cake is best after a day or two of "resting." Store in tightly covered container or sealed plastic bags. If kept several weeks, it is better stored in refrigerator. It freezes well. Seed cake is not frosted. Makes 24 servings, about 300 calories each.

**CRAIG CLAIBORNE'S MINISTRY McCOY'S MIRACLE**

- 48 amaretti (Italian macaroons)
- 1 cup bourbon
- 2 cups unsalted butter, softened
- 2 cups sugar
- 12 eggs, separated
- 4 ounces unsweetened chocolate, melted
- 1 teaspoon pure vanilla extract
- 1 cup coarsely chopped pecans
- 24 double ladyfingers, separated
- 1½ cups heavy cream, whipped and sweetened to taste

Soak macaroons in bourbon. In large bowl cream butter and sugar until light and fluffy. Beat egg yolks until light, then beat into creamed mixture. Beat in melted chocolate. Add vanilla and pecans. Beat egg whites until stiff; fold into chocolate mixture.

Line a 10-inch springform pan with ladyfingers, aligning them neatly and close together over bottom and around sides of pan. Alternate layers of chocolate mixture and soaked macaroons. Refrigerate overnight.

Remove sides of springform pan. Spoon some of the whipped cream into pastry bag fitted with star tube and decorate top of cake. Serve with remaining whipped cream on the side. Makes 24 servings, about 470 calories each, including whipped cream.

**JACQUES PEPIN'S GATEAU MOKA**  
(Multilayered Mocha Cake)

- Génoises (Cakes)**
- 6 large eggs, at room temperature
- ¾ cup sugar
- ½ teaspoon pure vanilla extract
- 1 cup all-purpose flour (or ½ cup all-purpose and ½ cup cake flour)
- 6 tablespoons unsalted butter, melted
- 1 jar (10 oz.) apricot jam
- Rum Syrup**
- 1 cup strong coffee, lukewarm
- 3 tablespoons sugar
- 2 tablespoons dark rum
- Coffee Butter Cream**
- ½ cup sugar
- ½ cup very strong espresso coffee
- 3 egg yolks
- 3 sticks (¾ lb.) unsalted butter, softened

**Génoises:** Butter and flour two 8x1½-inch round cake pans. In mixer bowl combine eggs, sugar and vanilla; mix well. Stir over boiling water, or the burner, for about 30 seconds, so mixture is barely lukewarm. Remove from heat. Beat on medium to high speed 10 minutes. The mixture should make a thick, pale yellow ribbon and have at least tripled in volume.

Sift in flour with one hand and fold mixture with the other with wide spatula. Add butter, pouring and folding the same way. Fill prepared pans about three-fourths full. Place pans on cookie sheet and bake in 350°F. preheated oven 22 to 25 minutes.

Remove from oven; after 5 minutes, turn upside down on racks. Bottoms and sides should be pale golden. The cakes should be flat (no sagging) and soft and springy to the touch. When cool, place in plastic bags to keep from drying. They will keep for a few days without refrigeration.

In heavy saucepan melt apricot jam slowly over low heat to avoid scorching. When liquefied, strain through metal sieve and reserve.

**Rum Syrup:** Mix ingredients together and reserve.

**Coffee Butter Cream:** In saucepan combine sugar and coffee. Bring to a boil and boil 3 minutes. Set aside. In mixer bowl at medium speed, beat yolks, adding sugar syrup slowly. Then beat at high speed until mixture is the consistency of light mayonnaise (about 5 to 6 minutes). Return to medium speed and add softened butter, piece by piece, until smooth. Butter cream should not be refrigerated before frosting cake.

Using a long-bladed serrated knife, cut each cake layer into three horizontal slices. Keep one hand flat on the cake and hold knife perfectly flat so that slices are the same thickness throughout. This requires some practice. Rearrange slices in order as you cut. Place a top or bottom layer, crusty side down, on cake plate and moisten with some rum syrup. Spread a ¼-inch layer of butter cream all over with a thin, flexible metal spatula. Place another layer on top. Moisten it with more rum syrup and spread about 3 tablespoons melted apricot jam on top. Continue with a layer of syrup-moistened cake topped with butter cream. Alternate fillings, finishing with a layer of butter cream (reserve some for decoration). Spread evenly to make a smooth top. Spread cream evenly and smoothly on the sides. Using the serrated edge, hold the knife on an angle and slide left to right in a swivel motion to decorate the top.

Place reserved butter cream in pastry bag fitted with fluted tube and decorate top and bottom edge. Refrigerate until ready to serve. Do not cut wedges too thick. Makes 16 servings, about 375 calories each. **End**



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# Home perm

By Marlene Dillman

If you've never tried a home perm before or the past ones were disasters (too frizzy or too loose), follow this plan for fool-proof results—no matter what your hair type. **Tip:** Find a friend who also wants a perm. It's easier to work together.

**1**



**2**



Do you want curls or a body wave for fullness? Decide, then buy correct kit; study instructions. **Tip:** Have split ends or old perm trimmed; deep-condition the night before to prevent frizz.

Wash with your regular shampoo, rinse thoroughly and pat dry with a towel until hair is just damp. **Tip:** To avoid irritation later on, massage scalp *very* gently during shampoo.

**3**



**4**



**5**



After saturating hair with waving lotion (not shown), comb through and part into five sections. **Tip:** Make hair easier to manage by twisting sections into ropes, securing with clips.

Roll hair with papers. Never bunch too much hair on one roller (strands should just neatly cover). Otherwise, breakage/frizz can result. **Tip:** If hair is thick or long, buy extra rollers.

Re-saturate every curl with waving lotion. Dab with a cotton ball to make sure lotion is evenly distributed. **Tip:** Perms can last 3 to 4 months; to ensure, be thorough in this step.

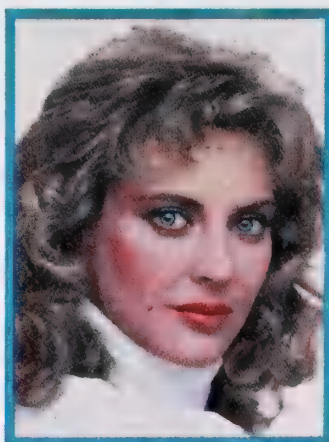
**6**



**7**



**8**



Cover rollers with plastic cap; clip or knot for a snug fit. Set timer for required time. **Tip:** Temperature variations can ruin a perm. Avoid sitting near an air conditioner or open window.

Remove cap, rinse thoroughly and pat dry (not shown). Apply neutralizing lotion, remove rollers and rinse again. **Tip:** To let perm really settle in, don't blow-dry or shampoo for 24 hours.

A perfect perm—from stick-straight to soft and curvy! Leave natural or set for a smoother style (*shown*). **Tip:** To keep perm looking its best, use an instant conditioner right after each shampoo.

Makeup by Manfred Van Wechmar; perm consultant, Louis Licari, La Coupe Salon, New York, photographed by Alain Walch





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## "Mommy, nobody likes me"



*Learning to make friends is a crucial part of the growing-up process for children. Can parents teach their youngsters better friendship-making skills?*

**F**inding a pal to share secrets or giggle with isn't just a matter of fun and games. Friendship is serious business to school-aged youngsters. "When you don't have a friend, it's terrible," explains Jenny, aged seven. "It makes you feel mad and sad." Psychologist Willard Hartup puts it another way: "Friends aren't a luxury for children—they're a necessity."

Being able to form relationships with others is a vital part of the growing-up process, says Dr. Hartup, a professor of psychology at the University of Minnesota. Sadly, studies show that grade schoolers who are shut out by their peers are more apt to develop emotional or behavioral problems as teenagers.

Clearly, no one manages to grow up without ever experiencing some social rejection. As parents we've all had the experience of consoling a child who wasn't invited to someone's birthday party. But for a surprising number of youngsters—as many as one out of five or six in every class—being "left out" doesn't just mean missing a few parties or not being chosen for the team. It means being chronically excluded.

To help these isolated children, a number of psychologists have been trying to penetrate the mysteries of what makes some youngsters more popular than others. Is there some key quality that gives well-liked children the edge? And if so, can we help their less-popular peers acquire it? The answer to both these questions seems to be yes, according to recent studies.

Researching the behavior of a group of nursery schoolers, psychologist Hartup documented clear-cut differences in the way

popular and unpopular children behave toward their classmates. A large number of friendless children do tend to be aggressive, his findings indicate. They pick fights, insult and generally bully their classmates. Not surprisingly, well-liked children behave in more positive ways. As companions, they listen well and are helpful and sympathetic to others. They know how to share and compromise. In short, they have better friendship-making expertise.

### *Friendship lessons*

Impressed by research showing that unpopular children lack the social tools they need to be "nice guys," Sherri Oden, a professor of psychology at Wheelock College in Boston, and psychologist Stephen Asher, who teaches at the University of Illinois, experimented with giving friendship-making "lessons" to unpopular school-aged children. They found that they could markedly improve youngsters' social skills. And as a result, classmates started liking these children better.

For their project, the research team asked the children in third and fourth grade classes to rate their peers' popularity. Oden and Asher identified the three least popular children in every class. The psychologists then invited one of these rejected youngsters to attend five once-a-week play periods. In each session the unpopular child was paired with a more well-liked classmate. Before the activities began, either Oden or Asher coached the unpopular child on ways to make the playtime "more fun." Social strategies that were stressed included how to be cooperative, how to communicate well and how to show interest in

others. After the session, the researcher and child talked about what had happened during the game and what the youngster might have done to improve his participation.

Five days after the coaching program ended, the children's popularity ratings by their classmates rose impressively. A year later they showed even more gains. Also striking is the fate of the unpopular ones who hadn't received friendship lessons. Not only did their social standing not improve but over the year they actually lost ground slightly.

Why was this short course in friendship-making so effective? Stephen Asher thinks the session provided a consciousness-raising experience, making the youngsters more aware of how they interacted with other children. Some did not seem to behave with an instinctive understanding of how relationships work. During one meeting, for example, third grader Laurie turned to Asher with amazement and said, "You mean what I do affects whether the other kids like me or not?" Says Asher, "It was like a light bulb going on for her."

So far no one has developed a packaged program to help "turn on the light bulb" for friendless children like Laurie. But psychologists Asher and Oden believe there is an important message for parents in their research. "Adults don't always realize how important learning social skills is for a child," says Oden. Parents who worry about whether their preschoolers can recognize the letters of the alphabet or count to ten, she says, should be equally concerned about whether their four-year-olds are learning to get along with other children. *(continued)*





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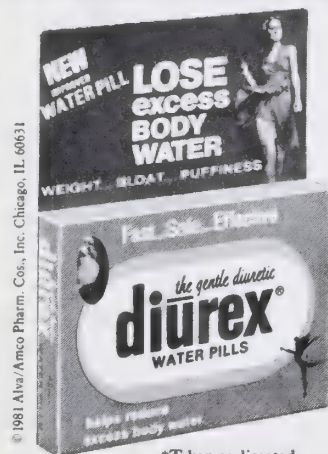


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NOBODY LIKES ME

continued

Youngsters without playmates, experts feel, miss an important aspect of the growing-up process. As children play together, they pick up key lessons in survival from their peers. "They learn the kind of give-and-take necessary to cope as adults," says Dr. Susan Fisher, a Chicago psychiatrist. "They also help teach one another society's values, sometimes more effectively than adults can. Children are merciless when they catch each other cheating at a game, telling a fib or 'showing off.'"

But to set the stage for healthy interaction with schoolmates, it's crucial that children learn basic social skills at home. As with other behavioral patterns, parents teach by example, psychologist Oden explains. For instance, mothers and fathers who take the time to listen to what their children have to say are more likely to rear good listeners than are those parents who consistently tune youngsters out. Conversely, parents who yell at their children a lot are teaching them that people deal with each other with angry words.

### Nurture social skills

In addition to indirect lessons, Oden suggests ways parents can actively nurture social skills at various ages:

**Infants and Toddlers.** Conventional wisdom says that babies are much too self-centered to be really interested in one another. New studies, however, show that even infants and toddlers enjoy and benefit from having friends. Infants should be given opportunities to play together and to practice ways of getting along as early as six months of age. Little more is required at this stage than what most parents do naturally, she says—refereeing when squabbles break out and trying to teach Susie and Billy how to share the shovel.

**Preschoolers.** Children between the age of three and five teach each other about sharing, taking turns and being nice. Strike a balance between letting youngsters work out problems themselves and being available to step in when play sessions get seriously out of control. Help them see that there are options in social situations. "Why don't you let Jimmy play with the truck now and you play with the train" teaches youngsters that there are alternatives to fighting. Also, encourage children to put themselves in another child's shoes ("Did you hurt Cindy's feelings?"). Begin to teach them, too, about the consequences of their actions ("If you grab that crayon from Mark, what do you think he'll do?").

When should you step in?

In grade school, friendships become of paramount importance to youngsters and most can manage relationships fairly well on their own at this stage. But when a child does run into serious social troubles, it's time for an adult to step in and offer help and support. What can parents do when a child comes home from school and says, "Mommy, nobody likes me"? Psychologist Oden offers some ideas:

- Above all, don't dismiss your child's feelings. Draw him out and try to ascertain whether his fears are real. Often children worry because they think that everyone has to like them. Some need simple reassurance that it's normal to be liked by some people and not others.

- When social problems persist, it's a good idea to set up a conference with your child's teacher. Ask if he or she can find ways to help integrate your child into classroom activities.

The teacher will probably be able to provide some insight as to the source of your child's trouble. It's important to know whether he is being actively rejected by his classmates or is simply not sought out by other kids as a playmate. The social rejects—usually the ones who bully their playmates in the school yard—are the ones that especially worry experts. They're youngsters who haven't learned to master their aggressive impulses and may eventually need a consultation with a child psychologist.

- Realize that some children truly enjoy playing alone, a predilection parents should respect. Not everyone has to be a social butterfly, but sometimes a natural "loner" may need to be reminded, at least occasionally, to socialize and seek out playmates.

- Offer your child some positive suggestions about ways he might improve his social life. Are there any group activities he could join in class? Is there a classmate he'd like to know better and perhaps invite home to play?

- You might suggest your child invite another youngster to join with you on a family outing when there will be an adult around to keep things running smoothly. Plan some non-competitive activity as opposed to a game of football or tennis that can spark tensions between the players.

As painful as it is for parents to see a child experience rejection, try to be supportive without becoming overly involved. To some extent youngsters have to learn to negotiate on their own. Avoid making your youngster feel as if the object is to win a popularity contest. All children really need to learn is how to make and keep a friend. They don't have to be invited to every birthday party.

End



who are husband and wife in real life, too, recently took their personal vows again after seven years of marriage. They did so on camera during a telecast of "Wedding Day," a one-week series that ran on NBC last summer.

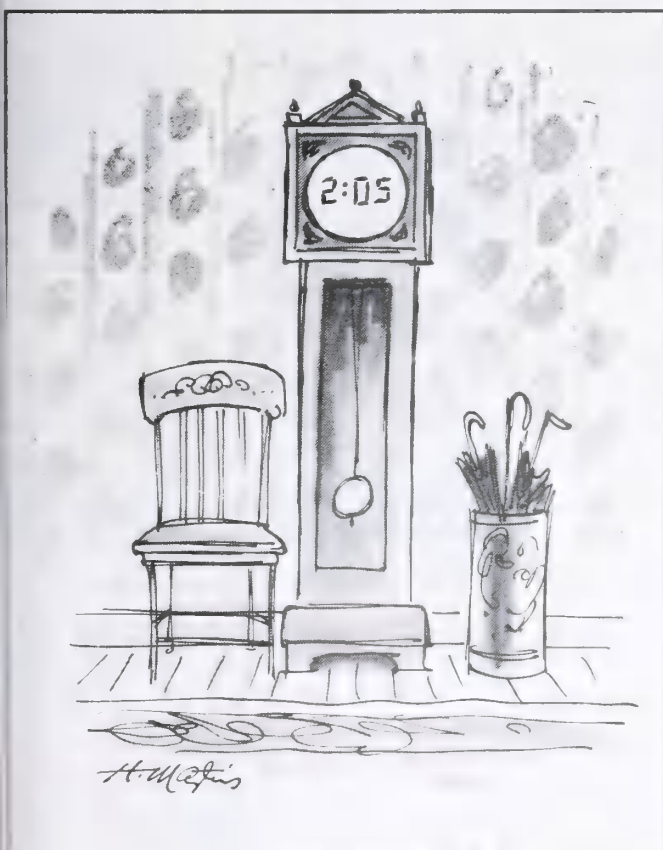
While most renewal ceremonies aren't performed quite so publicly, many couples do share the experience by taking part in an en masse celebration. Last fall, three hundred couples from Roman Catholic parishes in Los Angeles gathered at the downtown Cathedral of St. Vibiana. Cardinal Timothy Manning delivered the sermon, then asked the participating couples to stand and hold hands. Facing each other, they promised to be true in good times and in bad, in sickness and in health, and to love and honor each other all the days of their lives. Afterward, the couples attended an archdiocese-sponsored luncheon at the Los Angeles Hilton.

In Nashua, Iowa, the famed Little Brown Church, which is referred to in the hymn "The Little Brown Church in the Vale," holds an annual wedding reunion. At the 1981 ceremony, sixty-five couples renewed their vows. According to the pastor, Rev. John W. Christy, an estimated three thousand couples out of the fifty-four thousand who have been married there during the church's 120-year history have participated in the renewal ceremony.

#### Symbol of commitment

In response to the burgeoning marriage renewal trend, a book called *Once More with Feeling: A Guide to Renewing Your Marriage Vows*, by Susan Lane and Sandra Carter with Ann Scharffenberger, will be published by Harmony Books this spring. The book contains the stories of seventeen "re-married" couples, Catholics, Protestants and Jews, ranging in age from their twenties to their eighties.

"We found that every couple had their own reasons for renewing their vows," says Scharffenberger. "Many go through it because they had a civil ceremony the first time around, and they now want a (continued on page 127)



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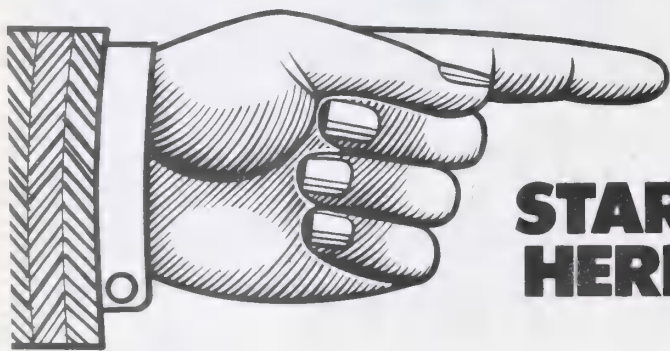
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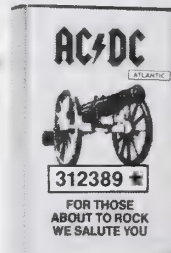
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The tapes and records you order during your membership will be mailed and billed at regular Club prices, which currently are \$7.98 to \$9.98—plus shipping and handling. (Multiple-unit sets and Double Selections may be somewhat higher.) And if you decide to continue as a member after completing your enrollment agreement, you'll be eligible for our generous, money-saving bonus plan.

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Take No Prisoners
- 312017\* OZZY OSBOURNE  
Diary Of A Madman
- 311084\* AL JARREAU  
BREAKIN' AWAY
- 311076\* NEIL DIAMOND  
LOVE SONGS
- 311050\* ORIGINAL SOUNDTRACK  
"ARTHUR"

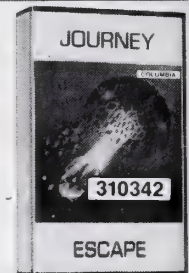
- 311985\* MERLE HAGGARD  
BIG CITY
- 311654\* HERBIE HANCOCK  
MAGIC WINDOWS
- 311605\* DONALD BYRD AND  
ELEKTRA 125TH STREET N.Y.C. LOVE BYRD
- 310029\* AL CAIOLA  
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- 305334\* THE POLICE  
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- 310151\* Engelbert Humperdinck  
DON'T YOU LOVE ME ANYMORE?
- 302240\* K.C. & The Sunshine Band  
GREATEST HITS
- 301549\* BOZ SCAGGS  
MIDDLE MAN
- 286914\* FLEETWOOD MAC  
RUMOURS
- 287003\* EAGLES 1971-1975  
Their Greatest Hits
- 288332\* BILLY JOEL  
52ND STREET
- 291021\* SUPERTRAMP  
Breakfast In America
- 291278\* The Doobie Brothers  
At The Doobies
- 307876\* MOE BANDY & JOE STAMPLEY  
HEY JOE, HEY MOE

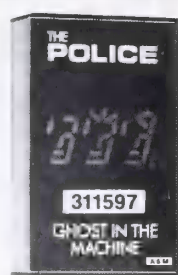
- 300061\* CHIC'S  
GREATEST HITS
- 299669\* MAC DAVIS  
GREATEST HITS
- 298240\* MOLLY HATCHET  
Furta: With Disaster
- 305300\* THE B-52'S  
WILD PLANET
- 307819\* DIANA ROSS  
TO LOVE AGAIN
- 307827\* EMMYLOU HARRIS  
EVANGELINE
- 307843\* JAMES TAYLOR  
Dad Loves His Work
- 307850\* TED NUGENT  
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Top 10 *Who's Crying Now*; *Smash Don't Stop Believin'*; more.

- 311829\* TAMMY WYNETTE  
You Brought Me Back
- 311811\* THE BEST OF BLONDIE
- 311803\* Stanley Turrentine  
Tender Togetherness
- 310144\* STEELY DAN  
GAUCHO
- 309130\* RICK JAMES  
STREET SONGS
- 309882\* THE WHO  
FACE DANCES
- 309774\* BLUES BROTHERS  
MADE IN AMERICA
- 309755\* Broadway Allstars, Vol. 5  
Broadway Magic
- 309722\* STEVE WONDER  
Hotter Than July
- 310102\* STAR 52 BROTHERS  
FAR AWAY
- 311694\* JERRY FALLOU  
JERRY FALLOU
- 311755\* THE 311 DOOBIES  
The Best of The Doobies

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- 309096\* DAVID SANBORN  
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- 311688\* Grand Funk Railroad  
GRAND FUNK LIVES
- 311670\* DON WILLIAMS  
Especially For You
- 311043\* LARRY GATLIN & THE SATURDAY NIGHT BAND  
HOT GUTTY
- 307835\* RITA COOLIDGE  
GREATEST HITS
- 307801\* STYX  
Paradise Theater
- 307470\* ROSSINGTON COLLINS  
BAND—ANYTIME ANYPLACE ANYWHERE
- 306969\* THE BEST OF EMERSON, LAKE & PALMER
- 306654\* BLONDIE  
Autoamerican
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- 310003\* DAN FOGELBERG—  
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- 306712\* FLEETWOOD MAC  
396713 LIVE
- 302265 392266 FRANK SINATRA  
AT THE TRIOLOGY PRESENT AND FUTURE
- 305524 395525 SUPERTRAMP  
PARIS
- 305359\* Bruce Springsteen  
395350 THE RIVER
- 311787\* RUSH  
Exit Stage Left

- 307959\* TERRI GIBBS  
Somebody's Knockin'
- 307868\* WILLIE NELSON  
SOMEWHERE OVER THE RAINBOW
- 307967\* PHIL COLLINS  
FACE VALUE
- 308494\* GINO VANNELLI  
NIGHTWALKER
- 311993\* AL STEWART Live—  
391995 INDIAN SUMMER
- 307744\* JOURNEY  
CAPTURED
- 303330\* Great American  
393330 ROCK & ROLL REVAL
- 302315\* REO SPEEDWAGON  
A Decade Of Rock And Roll  
1970-1980
- 306597 396598 EAGLES  
LIVE
- 309054\* 399055 JERRY LEE  
LIVE
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IN SAN FRANCISCO

308571\* BOZ SCAGGS  
GREATEST HITS

6563\* Barry Manilow  
BARRY

305292\* YES  
DRAMA

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4

310284

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12 PAT BENATAR  
PRECIOUS TIME

235\* The Oak Ridge Boys  
Greatest Hits

2 QUEEN  
THE GAME

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590 ABBA  
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62\* KENNY ROGERS  
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19\* AIR SUPPLY  
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381\* DEVO  
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311480\* CARLY SIMON  
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310995\* CRYSTAL GAYLE  
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310185\* JOHN ANDERSON  
2

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Blizzard Of Ozz

309047\* STARS ON  
LONG PLAY

308924\* Michael Jackson  
OFF THE WALL

305037\* THE CARS  
PANORAMA

304386\* PAT BENATAR  
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No Night So Long

300921\* Sesame Street 10th  
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298596\* EAGLES  
THE LONG RUN

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STRAIGHT AHEAD

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HEAD GAMES

295279\* FRANK SINATRA  
Greatest Hits, Vol. 1

298504\* STYX  
CORNERSTONE

300681\* NEIL DIAMOND  
SEPTEMBER MORN

300707\* ORIGINAL SOUNDTRACK  
THE ROSE

303123\* PETE TOWNSHEND  
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303719\* DEVO  
Freedom Of Choice

311209\* THE KENDALLS  
LETTIN' YOU IN ON A FEELIN'

311340\* BILLY JOEL  
Songs In The Attic

311456\* BARRY MANLOW  
If I Should Love Again

311423\* LUTHER VANDROSS  
NEVER TOO MUCH

310839\* THE ALLMAN BROTHERS BAND  
BROTHER OF THE ROAD

309534\* RONNIE ALDRICH  
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309476\* MARSHALL TUCKER  
WARNER BROTHERS BAND DEDICATED

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HI INFIDELITY

306340\* BETTE MIDLER  
DIVINE MADNESS

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ONE STEP CLOSER

305219\* MOLLY HATCHET  
Beatin' The Odds

305045\* AC/DC  
BACK IN BLACK

300996\* PRETENDERS

300962\* THE BEST OF  
THE STATLER BROTHERS  
ROCK'S AGAIN - Vol. 2

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The Best Of ZZ Top

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HORIZON

291500\* BEST OF  
THE DOORS

291773\* The Best Of Peter,  
Paul And Mary

305631\* LEO SAYER  
Living In & Fantasy

306001\* CHEAP TRICK  
ALL SHOOK UP

310433\* ORIGINAL SOUNDTRACK  
ENDLESS LOVE

310482\* STEVIE NICKS  
BELLA DONNA

312330\* THE BEST OF  
TED NUGENT  
GREAT GONZOS

312348\* Lindsey Buckingham  
LAW BREAK ORDER

312256\* THE BABYS -  
ANTHOLOGY

310920\* MICKEY GILLEY  
YOU DON'T KNOW ME

310821\* PRETENDERS  
II

310508\* Barbara Mandrell  
LOOKING BACK

309427\* AIR SUPPLY  
THE PAUL THAT YOU SEE

309385\* LEE RITENOUR  
RIT

309369\* VAN HALEN  
FAIR WARNING

309153\* STANLEY CLARKE, GEORGE  
DUKE - THE CLARKE  
DUKE PROJECT

312272\* ELVIS COSTELLO  
THE PAUL THAT YOU SEE  
ALMOST BLUE

QUEEN  
GREATEST HITS

311761

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One Bites The Dust; more

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PIRATES

310359\* LARRY GRAHAM  
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312652\* EMMYLOU HARRIS  
CIMARRON

312660\* ABBA  
THE VISITORS

312322\* NEIL DIAMOND  
ON THE WAY TO THE SKY

312314\* CHICAGO'S  
GREATEST HITS

310789\* Electric Light Orchestra  
TIME

310706\* MILES DAVIS  
The Man With The Horn

309419\* COMMODORES  
THE POCKET

309179\* JOE WALSH  
TWO FROM THE NEIGHBORHOOD

301523\* JOURNEY  
DEPARTURE

301515\* BILLY JOEL  
GLASS HOUSES

300525\* THE BEST OF  
EDDIE RABBITT

307710\* SPECIAL  
WILDATED SOUTHERN BREEZE

279133\* MEATLOAF  
BAT'OUT OF HELL

283887\* WILLIE NELSON  
STARBUST

285866\* BOSTON  
Don't Look Back

291435\* LED ZEPPELIN

292581\* THE BEST OF  
BREAD Vol. II

301473\* CHRISTOPHER  
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306225\* AEROSMITH'S  
GREATEST HITS

306241\* THE DOORS  
GREATEST HITS

310300\* PABLO CRUISE  
REFLECTOR

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312686\* FRANK SINATRA  
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C2A/ZE

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of 11 selections


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Print First Name Initial Last Name

Address Apt.

City

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Do You Have A Telephone? (Check ☐ YES ☐ NO

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C1Z/AF

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start selection right now—and we'll give it to you for at least 60%  
Club prices (only \$2.99). Enclose payment now and you'll  
it with your 11 introductory selections. This discount pre-  
duces your membership obligation immediately—you'll then  
need to buy just 7 more selections (instead of 8) in the next  
three years. Just check box in application and fill in number you



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For information on how to order, see opposite page.

Tom Armit





## "I DO, I DO"

continued from page 123

religious ceremony in a church. Others do it for more personal reasons, such as the couple in their twenties that we interviewed. They had arranged for their ceremony to coincide with the baptism of their second son."

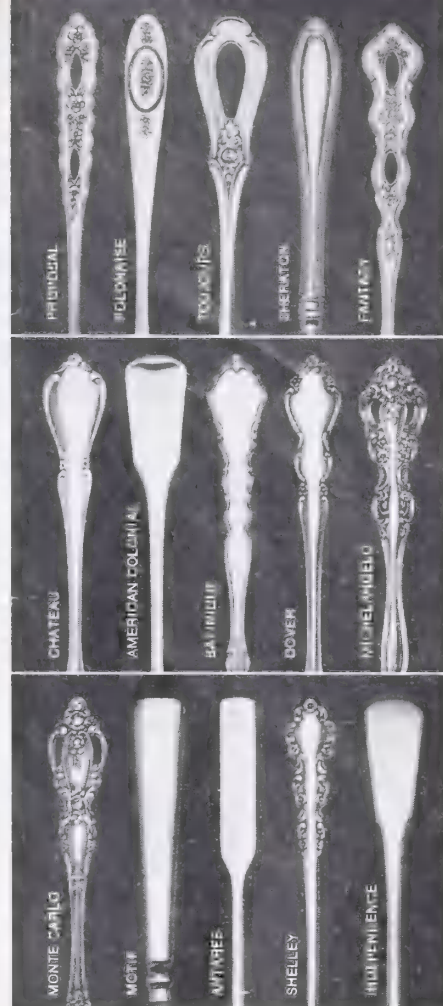
Often the vows are taken anew as part of an anniversary commemoration. Jim Berton, 81, a former clothing manufacturer, and his wife, Viola, 73, a teacher and school principal, renewed their commitment during a month-long golden anniversary celebration. A rabbi performed the ceremony in a Beverly Hills hotel, with the Bertons' eldest nieces and nephews holding on to a corner of the *huppah*, the traditional canopy under which Jewish weddings take place. Afterward, the Bertons left for San Diego on a week's honeymoon, arranged and paid for by their 41-year-old son.

"We felt that a renewal of our vows was appropriate after fifty years of marriage," says Viola. "Whatever years are ahead, we wanted them to be as inspirational and exciting as the first ones. We felt that fifty years was a long time to remember vows, and we also felt that the ceremony might be a model." For whom? "For our son," she quickly replied, "and some of his friends."

Others reaffirm their vows in an attempt to save their marriages. The Reverend Woody Brant, pastor of the Church of the Brethren in Panora, Iowa, has performed renewal ceremonies for forty such couples. "The ones I see have usually been going through some traumatic experience, such as alcoholism or infidelity," he says. "I think the ceremony helps because, especially in the case of recovering alcoholics, they are scared to death not to do the right things after they've been through the ceremony."

When Joan and Tom Freeman renewed their marriage six years ago, their relationship seemed to be falling apart. "We had some real doubts about each other," says Joan, 37, a lawyer who retired to raise their two children. "We had even discussed divorce." One reason for their problems, she believes, was that her 39-year-old husband, a pediatrician, felt more strongly about his religion, Judaism, than he had when they were married sixteen years before, in a non-denominational chapel. So Joan, an agnostic in her college days, converted to Judaism and the couple were remarried in a Los Angeles synagogue.

"It was our way of making a concrete symbol of commitment," says Joan. "We made a conscious choice that we would stay together and work on the problems, rather (continued)



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# Fancy Felines

Pedigreed cats are known by a confusing array of exotic names. LHA's pet expert explains the differences among these elegant animals.

It's easy to distinguish among the different breeds of dogs; there's no mistaking a collie for a toy poodle. But the characteristics that identify pedigreed cats are sometimes more confusing. Here are answers to some commonly asked questions about purebred cats.

## How many breeds are there?

There are far fewer breeds of cats than of dogs—probably no more than 70 in all, as compared to about 310 dog breeds worldwide. But it is difficult to arrive at an exact figure because some breeds of cats are known by one name here in the United States and by another in other countries. To add to the confusion, new breeds are always being developed and names are often coined more for romance (or perhaps salesmanship) than for accuracy of description.

The Siamese cat, for example, probably did not originate in Siam (called Thailand today). In fact, we don't know where it came from, although the Orient is as good a bet as anywhere. Some people claim that the Russian Blue breed originated in Russia, but others swear the breed is English in origin. The Balinese cat originated in the United States and is actually a carefully nurtured long-haired variety of the Siamese. Bali never figured in its background at all! What we call the Himalayan (and the British call the Colourpoint Longhair) has never, as far as I know, been to the Himalayan

Mountains. The Havana Brown did not come from Cuba, but is also a Siamese derivative. Other breed names are equally charming but often equally inaccurate, if not totally meaningless.

## Why there are more breeds of dogs than cats

All of the breeds of domestic dogs (St. Bernard, Toy Poodle, Irish Wolfhound, Chihuahua, Cocker Spaniel, Mastiff and so on) belong to the species *Canis familiaris*. Within that species, however, different breeds vary considerably in size, weight and appearance. A Newfoundland, for example, may weigh 15 times as much as a Yorkshire Terrier. Breeders take advantage of dogs' genetic flexibility to breed for desired characteristics.

Domestic cats also belong to one species (*Felis domesticus*) but, unlike dogs, most cat breeds are very similar to one another in appearance. Breeders work hard to develop strikingly new cat breeds, but they are generally unsuccessful. Most cats are individual in looks only to people who know and love them.

## Cat-egories

Our feline friends are generally divided into the shorthairs and the longhairs. The only other main characteristic commonly used to identify the different breeds is the distinctive color variations of their coats—white, black, tortoiseshell, blue, smoke and so on.

Many people use the names Angora and Persian interchangeably to describe long-haired cats. Although two distinct breeds were brought to England from the Middle East in the late 1500s, there has been so much crossbreeding since then that no real distinction remains today. While some American breeders claim there are still differences between these long-haired cats, British breeders have solved the dispute by simply calling them all "Longhairs." But whatever name you choose, long-haired cats are beautiful animals that fit the following description: shortened muzzles (sometimes unflatteringly called "push faces") and glorious, long, full coats.

## Pure cat and purebred cat

One common myth is that purebred cats are more intelligent and responsive than mixed-breed cats. This is not the case. There is no inherent difference except the usual variations in temperament among individual animals. Another erroneous notion is that mixed-breed cats need less attention than purebred cats. This is not true. Randombreds and purebreds both need the same shots, veterinary care, food, shelter and love.

## Singular cats

Perhaps the greatest distinction among breeds is in personality. All kittens are playful and all young cats are curious investigators, but as they mature, the breeds do vary in many ways. The Siamese are talkers, much more vocal than most other breeds. The Abyssinians never lose their enormous curiosity. The Turkish cats often love water, a trait that is rare (although not unknown) in the cat world.

Overriding all these differences, however, is the undeniable fact that all cats are individualists. Whatever the differences between breeds and however refined the breeding, the greatest distinction will always be among the cats themselves. And it is their elusive and varied personalities that have attracted millions of people to them with hopeless devotion for thousands of years.

End





than take the easy way out, like a lot of our friends did."

### Family creed

While Joan and Gordon Miller's marriage wasn't in trouble, their renewal vows were a sign of their commitment to each other, and of their fruitful life together. The Millers, who both grew up on farms in the Haverhill area of central Iowa, met at a picnic in 1948. They dated for three years, and then one day while they were riding the roller coaster in River-view Park in Des Moines, Gordon proposed. He said, "If you don't say yes, I'll throw you out." Joan quickly accepted.

The newlyweds were separated when Gordon went off to Korea, where he was wounded by shrapnel and lost fifty percent of his hearing. When he came home two years later, the young couple decided to go into farming, as their parents had done. In 1954, they moved to their 140-acre farm outside town. While Gordon farmed and ran a corn-shelling operation on the side, Joan, a graduate of a Des Moines hair-dressing school, operated a salon called "Joan's Beauty-Ette" in their home—and had babies.

First came Warren, now 28, who works as a machinist in nearby Marshalltown. Next were Leland, 25, manager of the meat department in a Seattle, Washington, supermarket and

the Millers' only married child; Neil, 22, a senior in business administration at the University of Northern Iowa in Cedar Falls; and Tony, 21, a junior in journalism at Iowa State University in Ames. The baby of the family is Sally, 19, who is a freshman at the nearby community college where all the Miller children started out, so they could save money by living at home. They all worked part-time to help pay for their tuition.

Did Joan and Gordon ever have any problems with their children? "The usual problems you have with all kids," Gordon says evenly. "Neil drank furniture polish when he was a kid and had to be rushed to the hospital. Leland got his arm in a wringer, broke his neck in a motorcycle accident and drove a pickup into the river, which cost us five hundred dollars to clean up. And Sally had to have plastic surgery after running into a window by accident. Almost all of our kids have had stitches."

Leland, who seemed to get into more trouble than the others, laughed when he recalled his parents' child-rearing credo: "You can do anything you want, but if you step out of line once, we'll nail one of your feet to the ground so you'll have to walk in circles and we can keep an eye on you."

The Millers were particularly concerned when several of the boys began experimenting with marijuana. One day Warren and some of his friends came home "acting giddy," so Joan

called the county sheriff. He frisked Warren and found traces of marijuana on him, then harshly reprimanded him in the Millers' basement. Warren was not arrested, but Joan and Gordon think the experience was enough to scare the other children out of further drug use. In spite of her action, Joan believes Warren does not hold any grudges against her. "He's affectionate to me," she says. "He always puts his arms around me and says things kids always say like 'Gee, Mom, that was a good dinner.'"

There have been many other warm moments in the Miller family. Every year, for instance, they rented a cottage at Methodist Camp in Clear Lake, Iowa, where each child learned how to swim and water-ski. "Water sports have really drawn us close," says Gordon with a smile. According to Gordon, religion has also been a special binding force in their family life. Raised a Methodist, he converted to Catholicism on his wedding day in the 80-year-old steepled Immaculate Conception Church that Joan had attended as a youngster and to which they took their children. "The kids went to Mass every Sunday and to Catholic schools until high school," he says. "We always said grace before meals, and we always sat down to meals together. In fact, we could sit at the table for hours and tell jokes or stories. We still do when one of the kids comes home."

### "For better, for worse"

That's not to say the Millers didn't have some rough times. There was, for example, the heartbreaking year of 1956, when all of their crops were ruined by hailstorms, and they lost a year's income. Gordon, *(continued)*



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disillusioned, wanted to quit farming and move to Colorado Springs and become a carpenter. But the family stuck it out in Haverhill, scraping by on what Joan earned in her beauty salon and Gordon brought in from his corn-shelling business.

"There were times I wound up crying," Joan says softly. "There would never be any screaming or yelling between us, just a rapid exchange of words." She paused for a moment, smiled and added, "But it's always fun making up."

The Millers decided to quit farming in February 1980, when they found they were \$50,000 in debt. "We did not want a mortgage against our farm," Joan says. "The interest rate was just getting so high, and we couldn't keep up with the inflation to make the expenses. We were going backward." So they sold all of their farm equipment, rented out their land, and Gordon went to work as a rural mail carrier. He also landed a second job driving trucks full of corn and soybeans to Cedar Rapids or Des Moines. Meanwhile, Joan continued to operate her beauty salon.

Today the Millers feel more secure knowing that their farm is worth an estimated \$500,000 should they decide

to sell. They've been approached by land speculators who want to buy their property to build condominiums and a golf course, but so far the Millers haven't been tempted. "Maybe one of our boys might like to farm one day," Gordon says. "You never know."

When asked why they think their marriage had survived the hard times, Joan and Gordon glance across the living room at each other and smile.

Joan: "Well, for one thing, when we got married we vowed we would never use the word divorce."

Gordon: "I think it was the mediation. We would always sit down and work out our problems, like what to do about the person who always left the cap off the toothpaste."

Joan: "Another thing that helped was that I always felt like an equal partner in the marriage. When Gordon was shelling corn and trucking, I kept the books, got parts for him and did all the banking."

Gordon: "There was never any of that putting-the-wife-on-the-pedestal junk. It's eighty-twenty, and each of you has got to give eighty percent. And another thing, you've got to be good friends, as well as just husband and wife."

Joan (beaming): "Being friends, that's a real basic."

And perhaps just as important, the

Millers have been able to retain a keen sense of humor and an obvious passion about life and about themselves. Taped to their refrigerator is their favorite cartoon. It shows a man reading his newspaper intently, while his overweight wife in a flowery dress asks, "Gordon, do you still lust after me?"

It makes them smile every day. **End**  
~~~~~

## ARMOR

By Ann Reichmann

*You don't know it  
But I never really leave you  
behind  
When I go off to work.  
I tuck the warmth of you  
under my sweater.  
I fold the sound of you  
into my mind.  
I roll up your smile and  
hide it behind my eyelids  
so everytime I blink,  
I laugh with you.  
I paint the touch of you  
on every spot that might be  
vulnerable,  
And just before I walk into the world  
I raise the parasol of your love  
over me.*

*Safe—until I'm home again.*

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continued from page 75

# Beauty Tips From TV'S Top

# Newswomen

## Marlene's beauty news

Marlene Sanders's composure on—and off—camera is the result of her confidence, her sense of pride in her work and some common-sense health and beauty habits. Here are her special tips:

• A good night's sleep is key for me, and whether I'm in a hotel room or in my own bed, I try to get at least six hours a night.

• Give yourself a special relaxing treat once a week. I try to take a steam bath and get a massage whenever I can.

• Avoid the "mannish" look in the office. There's no reason for a woman to wear tailored suits. The only thing I avoid wearing to the office are my jeans, and the same should go for men.

• I've thought about having a facelift—I'm in a business that's not kind to aging women—but I've decided against it. I think women should be able to age the way men do. If Walter Cronkite can look his age, so can I!

• One exception to my "look natural" rule is hair. I do cover up any gray, but that's because I know that my strawberry blond hair is one of my best features.

## Joan's beauty news

For Joan Lunden, the key to success and beauty is in her positive attitude. As she says, "If you feel lousy you still go on, smile and do your job."

Following are the beauty tips that supplement Joan's natural good looks—and positive attitude:

• I recently made myself a promise to take off the ten pounds I gained while I was pregnant. My code for dieting is: Boiled, broiled, baked, poached or steamed. No greasy and fried foods, but this doesn't mean deprivation. I always eat three meals a day—and avoid strenuous dieting, because I need lots of energy for my work.

• I'm very comfortable in the kitchen—and I love, love, love to cook. Variety helps the diet, too. I've also stopped cooking with salt and find that herbs and spices really make up for it.

• You are your own best hairstylist. A good haircut is important, but don't feel bullied by your hairdresser to comb it exactly the way he does. Even

on camera, I always do the last-minute touches myself.

■ If your hair goes limp or you want it to look its best, bend over and brush from the nape of your neck up. Then stand straight and do the "grab and fluff" (grab from the roots, then fluff out with your fingertips).

■ I keep my skin-care routine simple: I wash my face with soap and water, then moisturize. I try to have a facial at least once a month.

• I love the sun, and Michael, my husband, and I enjoy vacationing in the Caribbean, but after getting badly burned three years ago in Mexico, I've learned to be extra careful. I take a few minutes of sun, and then get quickly into the shade, alternating until I build a gradual tan.

## Charlayne's beauty news

Charlayne Hunter-Gault is aware that to do her job and take care of her family (she lives in New York City with her husband and two children) she needs lots of energy—both physical and creative.

• I exercise to music every morning because exercise is *basic* to looking good. Be sure your exercise regimen fits into your lifestyle—and don't force yourself into a routine you won't be able to follow. My job takes me all over the country, so I must have a routine I can do *anywhere*. When I'm out of town I do floor exercises in my hotel room: at least twenty sit-ups to strengthen my back and abdominal muscles, and leg-lifts to strengthen and firm my thighs. When I'm at home, I also ride my exercise bicycle for thirty minutes and play lots of tennis on the weekends.

■ Make concessions to your age. I use to get away with minimum exercise organization and dieting. Now that I'm thirty-nine, I need more control to stay healthy, fit, energetic and organized. But in the South, where I grew up, age was venerated and people were proud to "make it" to their next birthday—so I'm proud to make beauty adjustments for my age!

■ If you have sensitive or dry skin, use mineral oil in a basin of warm water to cleanse your face. This was



**You've seen the blouses that make news (pages 72-75). But what about the behind-the-scenes beauty tricks that keep on-the-go newscasters looking their best all day? These special diet, hair and makeup tips from TV's top newswomen are practical and great for everyday good looks.**

special tip from my doctor—and it works wonders for me.

- Feed your hair. This tip is especially good for black women. I give my hair little conditioning treats of salad oil, mayonnaise or eggs about once a month.

- For my makeup—everyday or on camera—I do what feels good. There was a time when I refused to pluck my eyebrows, but I've since learned that it brings out my eyes when I shape my brows. I've also learned the value of contour cream for bringing out cheekbones—especially since the camera adds ten pounds!

- Whatever you do, whether you're a busy career woman or a mother, carve out a time of day that is special to you. For me, dinnertime with my husband, Ron, is special. I come home, open a bottle of wine, get dinner started—and close out the day by enjoying this private time with Ron.

- Monitor each other's stress. Ron and I are expert stress detectors. If either of us notices the other tensing up, we let the other know . . . maybe even give a massage.

- Pedicures and massages are treats I'd like to give myself once a week, but of course, there's never time. Instead, I roll with the punches. I believe in the calm approach for looking and feeling my best.

### Jessica's beauty news

Because Jessica Savitch considers her looks secondary to her work, she can't understand why women—and even other newscasters—want to “package” themselves in her image. “Why would anyone want to look like me?” she mopes. “I have a square jaw, and men say I'm too skinny!” It's not that Jessica considers herself *unattractive* . . . it's just that she thinks every woman should be her own best self—and not a facsimile of someone else. Following are Jessica's tips for becoming your own “best self.”

- Know your best features: Maximize the good ones, minimize the others. I have great cheekbones so I play them up. Eyes, hair, bone structure and complexion can all be emphasized to bring out your best look.

- If you're on the go . . . and have to pull yourself together at a moment's notice or at the end of a long day, *miniaturize* all your beauty supplies (compacts, shampoo, brush and comb, makeup, etc.) and keep them in your briefcase or purse. Being prepared is part of the secret to looking good.

- If you get the “raging uglies” (feel tired, bloated, sallow, etc.) stay calm. Do your best in terms of makeup (like extra foundation, under-eye concealer), or take an invigorating shower and shampoo . . . whatever you can do—then let go. Forget yourself and concentrate outward. You'll be surprised at the results. When you *feel* ugly you can make yourself look ugly. But the opposite is also true.

To wake up—or freshen up—brush your teeth.

To unwind, take “five-minute vacations” during the day. Lie down, close your eyes, think of something pleasant. When five minutes are up, do thirty seconds of vigorous exercise: Sit-ups, running in place—anything you're comfortable with. I like to hum a tune at the end of my “vacation” because it gets my voice going . . . and gives me a nice lift, too.—DOROTHY ANN GLASSER



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voice, "I wish—Sabrina, have you ever wished you could just disappear for a while?"

"Often. But usually what I want to get away from is myself."

"Yes. That's what I meant. You know, I wouldn't mind being Lady Longworth for a while. That is, if you don't mind my borrowing your name and title."

"If you're going to be me, I'd appreciate it if you'd go back to London and solve my problems."

"Only if you go to Evanston and solve mine."

Sabrina laughed, caught up with the idea. "Wouldn't it be a *lark*!"

"It would be a fairy tale," Stephanie said, "living your wonderful life. The only problem would be fighting off your Brazilian millionaire."

Sabrina looked at her sister. "I'd have to fight off your husband."

"No, you wouldn't. Garth sleeps mostly in his study. We haven't made love in . . . a long time."

They fell silent for a moment. Then Stephanie spoke. "I'll bet we could get away with it. Not for long, of course."

"Let's talk about it later," Sabrina said.

It was the next afternoon before they had another chance to talk. "I keep thinking about what we discussed," Stephanie said.

Sabrina nodded. "I know. It's a crazy idea that won't go away."

"Sabrina, I'm *serious* about it."

"It wouldn't solve anything."

"How do we know? The main thing is we'd get away from what we are now. And we could do it. We know so much about each other's lives, we've met each other's friends, we think the same way—we really do."

They were always moving. It started in Washington, D.C., when Sabrina and Stephanie were two years old. Their father, Gordon Hartwell, was a career officer in the foreign service, reassigned every year to a new post: Norway, Sweden, Spain, Greece. When Gordon was elevated to the rank of ambassador and sent to Algeria, the twins, then fifteen, were hustled off to a boarding school in Switzerland. Juliette Institut de Jeunes Filles educated upper-class young women to the entrance standards of any French, American or English university.

Something happened to the twin-bond at Juliette. The girls had planned to go on to the Sorbonne together, but on graduation night at Juliette, Stephanie abruptly announced she was going to attend Bryn Mawr.

# Deceptions

Sabrina was stunned. "But we were going to Paris!"

"Sabrina, you're so bright—" Stephanie's lips trembled. "So bright and exciting that I just fade away when you're around. You make me feel that I'm just Sabrina Hartwell's twin sister." She was crying. "We'll write each other—"

Stephanie's first letter told of spending Christmas holidays in New York. It was a great, glittering swirl of parties, plays, opera, new people—

"And I've met a wonderful man. His name is Garth Andersen, and he's a professor at Columbia University. Specializes in the structure of genes, and how to alter them to eliminate genetic diseases. He's older, of course, and a very *positive* type. When I told him I was only nineteen he looked startled. But not discouraged—I hope."

Garth Andersen was not discouraged at all. On nine successive weekends, through winter and spring, he visited Stephanie at Bryn Mawr, tucked in the hills of southeastern Pennsylvania.

In May they were married there, in the courtyard of Thomas Library. Laura, their mother, disapproved of Stephanie's leaving college without her degree.

"But mother," Stephanie said, "if Garth is in Illinois, how can I stay here?"

"He could wait two years."

"No, he couldn't. The job at the university is too good." She kissed Laura's cheek. "We'll buy a big house in Evanston and you'll visit us."

She saw Sabrina come into the courtyard, and went to her. "You look wonderful," she said.

"No, you're the one—is it possible to be as happy as you look?"

"When I come to your wedding I'll ask you that," Stephanie said.

Garth slowed the car when the castle came into view. It rose up from the green hills of Hampshire, its battlements and towers worn by the centuries to a pale gray.

"Treveston Castle," Stephanie said. "According to Sabrina's letter, eighty rooms, twelve hundred acres of farms and parks—can you imagine living here? I'd feel dwarfed."

The next day, watching Sabrina in the reception line after the wedding, Stephanie thought she had never seen anyone more sure of herself.

Sabrina smiled at her new husband's cheerful face, rosy cheeks and trim black mustache. His shrewd

dark eyes were often hard, but when he looked at her they softened.

Denton Longworth worked now and then in his family's shipping company, but he preferred the playgrounds of the world. Now he assigned himself the happy chore of introducing his bride to Biarritz and Cannes, Wimbledon and Buenos Aires, Minorca and Zermatt.

They reached Monaco in May, almost a year after their wedding, to gamble at the casino and watch the Grand Prix.

"We'll even have time for Max Stuyvesant," Denton told Sabrina. "Pleasant fellow, something of a mystery, you'll like him. He wants us to join him for a cruise on his yacht, four days, just after the race."

"Why is he a mystery?"

"Because no one knows how he makes his money."

Sabrina hated Max. He loomed above her, broad-shouldered, with a frizzled halo of red hair and flat gray eyes. Denton was surprised.

"How can you dislike him? You haven't talked to him; all you've done is say 'Hello, Mr. Stuyvesant' and make yourself at home on his boat."

"He's arrogant and brutal. I feel sorry for his wife. She's like a puppy, waiting for him to pet her."

"Sabrina, Max is our host!"

Max's yacht, the *Lafitte*, was one hundred four feet long and had six staterooms; in its salon, thirty people could move about comfortably.

Five couples were the Stuyvesants' guests on the yacht, as well as Max's secretary, Ivan Lazlo. Over cocktails, Max's third wife, Betsy Stuyvesant, her blond curls trailing wistfully over her ears, murmured a greeting. She did not speak again all evening.

They dined on fish soup with saffron and orange peel, followed by baby octopus in champagne sauce. Max proposed a toast: "To a successful cruise." He smiled lazily at his dinner partner, a willowy blonde he had introduced as Princess Alexandra, who was from a country no one had heard of. Across the table, her husband, Prince Martova, looked fixedly at his plate.

Sabrina glanced at Denton and saw him smile lazily at Betsy Stuyvesant, like Max.

In the morning, Max was their maestro. "Sunbathing on the afterdeck for those who wish. Waterskiing at four. Games and stimulants in the salon at all times. We lunch at one. Enjoy yourselves, *mes amis*."

Denton stretched. "The salon first, I think. Then sunbathing. All right with you, sweets?"

Sabrina tried to separate this Den-



ton from the one who lived with her in London. That one hardly took a drink, never smoked, never looked at women as he had looked at Betsy Stuyvesant last night.

After they had been to the salon, Sabrina followed Denton along the deck to the reclining chairs and chaise lounges. Alexandra was there with her husband and two other couples, all offering their nude bodies to the molten Mediterranean sun.

"Come on," Denton said, dropping his robe. He was showing her how he expected his wife to behave. She looked at the women's magnificent bodies, oiled and glistening; hers was better. She dropped her robe and lay beside Denton, letting his large hand oil her back. The sun beat down on the quiet deck. Presently Max headed for the staterooms with Alexandra.

Max organized the evening as if to demonstrate the life he and Denton could provide. Limousines whisked them far above Genoa to a restaurant with a sweeping view of the seacoast. After a leisurely dinner they drove to a private home and gambled until three in the morning.

The next day they slept late and ate breakfast in bed. "Sweets, I'm spending the day with Betsy," Denton said. "You can do what you like, but you ought to spend some time with Aldo Derona, he's interested in you and he's a pleasant chap—"

She flung herself out of bed. "I am not available for lending out."

"You've known what was going on, and you've adjusted beautifully. I hardly think I deserve harsh words."

She was stunned. Denton seemed to be speeding backward, receding to a small figure in the distance.

"Sabrina?" His eyes were worried. "None of this means anything, you know. It's not important; it's a game, like bridge or any of the other friendly things we do together . . ."

For the rest of the cruise Sabrina avoided Denton. She never knew whether he took Betsy to bed. On the last night Max led a toast to Sabrina and Denton's first anniversary.

In the empty storefront, stripped of its bare walls, Sabrina held open the door as carpenters carried in stacks of lumber. Her life had been stripped as clean as this empty space she was renting to open a shop.

Three years, she thought. *That's as long as Denton and I could make it last. And then we took another year to discover that nothing would ever be the same again.*

She was lonely. And scared. She had felt that way for a whole year, since she left Denton. She had moved

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into a small flat, seeing no one except when she was at work in Nicholas Blackford's antique gallery. She had been besieged with telephone calls from Denton, his family, her parents, all telling her what a fool she was. But Sabrina held her ground. *I'm tired of living on a roller coaster, she thought. I want a home, children, a place to belong.*

In November, Sabrina and Denton agreed on a settlement, and she moved back to the house on Cadogan Square that she had decorated with such excitement when they were married. Now it was hers. And then, from November to April, one whole London season, she did not hear from anyone in Denton's circle—her circle. *And I mustn't worry about the shop, she told herself. I've given free decorating advice to Denton's friends and relatives for years; they know what I can do. If they come, she thought:*

Lady Andrea Vernon had made Alderley House famous for its grand balls, and when Sabrina stood in the doorway, she drank in the light and color and music as if she could never get enough. When a tanned young man asked her to dance, and they swept down the length of the wine-and-gold-colored room, she felt care-free for the first time in months.

"I hear you've opened a shop," her partner was saying. "What do you call it?"

"Ambassadors," she said.

"Good name. Doing well?"

"Of course."

The truth was that Sabrina had no customers. In eight months no one had come. Only a few tourists stopped, wandering in off the street to browse, but seldom to buy.

Her money was gone. She had borrowed from the bank; soon she would have to mortgage her house.

"Dinner," said her partner. "Shall we have something?"

They filled their plates at the buffet and sat on a couch in an alcove of draperies.

"But if she married Denton for his money," a woman's voice said on the other side of the drapery, "why didn't she take a bigger settlement?"

Sabrina grew very still. A second voice answered, high and indignant. "Big? I know for a fact she demanded three million pounds and Treveston Castle. It's outrageous, but you know how Denton adored her. He'd have given her everything he owned."

"Except Treveston," the first voice said dryly.

"Well, my dear, she did grab the London house."

"Could it be the beautiful Lady Sabrina Longworth you're stabbing in the back?" interrupted a man's voice.

"Peter, that's unfair," said the indignant voice. "We were simply discussing the settlement poor Denton had to make. Including that shop on Brompton Road."

"My sweet Rose wouldn't go in," the man's voice said, "unless everyone else did. And all of you who cozied up to Sabrina when she was Denton's wife have decided that she is a pariah."

Sabrina sat rigidly, her eyes lowered, as she tried to think what she was going to do, tomorrow and the day after and the day after that.

She heard a different voice. "She never played by your rules, and you've never forgiven her. I think I may do something about that."

Sabrina knew the voice.

"Well, now, fancy meeting you here. Isn't life curious?" Sabrina turned to meet the lazy smile of Princess Alexandra Martova. "Will your friend forgive us? I'm about to take you under my wing."

Alexandra Martova had come to London alone, with the proceeds from her divorce: a Swiss bank account, an apartment in Paris and alimony of \$10,000 a month. Tall, willowy, with blond hair falling to her shoulders, she wore a decisive air that she had lacked when Sabrina met her on Max Stuyvesant's yacht.

She told Sabrina she had come to London intending to become the most famous hostess in Europe. She had found an elegant house in Belgravia, and had ripped everything out of the interior. The next day she brought Sabrina to see it.

"I want you to redo it for me," she said. "Top to bottom." They sat on a packing crate, surveying the gutted second floor. All that remained of the original room was a marble fireplace with a chipped mantel.

"We will help each other," Alexandra said. "You need a commission. I need a house and respectability. I know everyone in London, but, sad to say, they know me, too. After all those beds in Monte Carlo and point west, being a princess is not enough. I need to be launched."

"I'm not the one to launch anyone," Sabrina said.

"Honey, you will do my house. We will present it to society with a grand party. And it will be such a sensation that within a week people will be swarming into Ambassadors including the high and might,



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Olivia Chasson, who I know makes and breaks decorators in this town."

Alexandra strode about the room. "When your rocket goes off, mine does, too, right into respectable society. Sabrina, I give you this house to design; you stand at my side when I give my first party. What do you say?"

"Tell me the effect you want," Sabrina said, "and I'll create it."

They met for lunch and dinner and so many hours of talk that Alexandra finally moved from her suite at the Connaught into one of Sabrina's guest rooms. In a few weeks the furnishings arrived: an eclectic, unorthodox mixture far more daring than Alexandra realized.

There were neo-rococo pieces from the 1850s in flowing curves and curlicues with mother-of-pearl inlays, gilt and painted flowers on black lacquer backgrounds. This was the willowy, frivolous Alexandra of jewelry and parties. Sabrina alternated these with George Jack furniture from the 1890s: deceptively simple chests with inlaid designs of different woods shading into each other. This was the Alexandra who talked wistfully of the "someday" when she could drop the act she put on for everyone, including herself.

Alexandra whirled through the rooms, upstairs and down. "I love it, I love it, I want to have a party. Can I move in today?"

Alexandra's "launching" was a May Day ball, beginning at ten P.M. on May 1 and ending with breakfast the next morning. It was the triumph of the 1976 season, the only social event that was given equal coverage in both the society and the architecture-home furnishings pages of newspapers and international magazines.

"The educated eye finds the Martova house outrageous and chaotic," wrote Europe's most influential design critic. "But only at first. In its remarkable ambience, the eye soon discovers a design refreshing, enchanting and uniquely the mark of a strong individual who knows herself and her client."

"As for the ball itself," wrote a society reporter, "the orchestra was delightful. The women's gowns represented a galaxy of styles by the world's great designers. Princess Alexandra was a statuesque goddess all in white, adorned by a necklace of emeralds. The star of the evening was Lady Sabrina Longworth, stunning in cloth of gold, a favorite of London society ever since her marriage to her former husband, Lord Denton Longworth, Viscount Tre-

veston (who was not at the ball). Lady Longworth was responsible for the brilliant design of the Princess's Belgravia abode."

Sunday was a day of recovery. And on Monday morning, as Sabrina dusted the furniture in the showroom of Ambassadors, she heard the oriental chime that rang when the front door opened. She looked up and then moved forward with a smile to welcome Lady Olivia Chasson.

Sabrina turned to Michel Bernard. "Where were we?"

"Talking about my newspaper story. We've been researching it all over Europe, and we hear about you and Ambassadors wherever we go."

Sabrina took a deep breath. Dear Michel, to tell her that. He was a good friend, going back to college days when he and Jolie Fantome, already living together, made her part of their small family when she was lonely. Now they drifted in and out of Sabrina's life as they roamed the world for stories. Michel was investigating a wave of art forgeries involving small galleries.

The doorbell chimed. Sabrina found Rory Carr in the showroom, admiring a French pedestal clock, its face surrounded by porcelain angels.

"Very fine, my lady," he said, bowing over her hand. "I have something very special to show you. If I may?"

He opened a leather case, lifted out a large parcel and unwrapped it with sweeping gestures. Impeccably dressed, with silver hair, he was a showman; but he knew art, and in the past year had sold Sabrina six superb eighteenth-century porcelains. She had found buyers for all of them in short order.

Reverently, Carr stood a chinoiserie group on the table: a pagoda-like summer house in primary colors, with a curved staircase and four boys wearing straw hats and carrying butterfly nets and baskets of berries.

"Lück," Sabrina murmured. Long ago, in a Berlin museum, Sabrina had seen groups made by Lück and other artists for the Frankenthal porcelain factory during the 1750s.

"The owners?" she asked.

Carr handed her a rolled-up document. She skimmed it. "Only three?"

"So it seems, my lady. I would imagine it was sold only due to dire circumstances."

Sabrina studied the group. "How much?"

"It's a bit dear. Four thousand pounds."

"Three thousand," Sabrina said.

"Oh, my lady, I really . . . well, for you, thirty-five hundred."

"I'll send you a check tomorrow."

He bowed. "Admirable Lady Longworth! Would that everyone were so decisive. I wish you good day."

As the door closed behind Carr, Michel asked Sabrina whether she dealt with him often.

"A few times in the past year. Do you know him?"

"Rory Carr? We've come across him."

A chill touched Sabrina. "How have you come across him?"

"His company. Westbridge Imports. High-class stuff from all over the world, new and antique, sold through small galleries like Ambassadors. And some bad apples in the barrel."

"Forgeries?"

"Seven so far that connect at some point to Westbridge—that's confidential, by the way."

"But that doesn't mean that Rory Carr—"

"Right. He could have been taken in. We'll know more when we find the money man behind Westbridge. All we know is that Westbridge is owned on paper by a guy named Ivan Lazlo."

Sabrina repeated the name. "I've heard it—he was Max Stuyvesant's secretary. Rather a long time ago."

"Well, keep an eye on what Carr brings you. What about the stuff he's brought so far?"

"They had certificates of ownership. The ceramic marks were genuine. I always—as you put it—keep an eye on what I carry."

"My lady," Brian stood in the office doorway. "Señor Molena is on the telephone."

Antonio Molena made dozens of telephone calls a day—in Brazil, running his businesses, or in London, talking to his managers in Brazil, and arranging meetings in Europe with financiers, friends and mistresses. A self-made millionaire, he had waited fifty-one years to find the right woman to grace his empire. When he met Sabrina at a New Year's party at Olivia Chasson's country home, he made up his mind in ten minutes—as 1978 gave way to 1979—this would be the year in which he would marry.

He swooped down on Sabrina like a great bird of prey, pursuing her with the single-mindedness that had made him master of vast coffee plantations and cattle ranches in Brazil. But Sabrina could not make up her mind to marry again.

"After all," she told Alexandra, "I thought marrying Denton was a good idea."



Garth opened his office window to the lake breeze. It was hotter than usual for the end of May. Frisbees sailed over huddled groups studying for final exams, and lovers strolled beneath the trees. Garth's telephone rang. He snatched it up.

"Professor Andersen, this is Horace Kallen, president of Foster Laboratories in Stamford, Connecticut. You participated in a seminar we sponsored a year ago in Chicago. I'm going to be in Chicago next week, and I wondered if we could have lunch. I'd like to talk to you about joining us as director of our new research facility."

The bell in the administration building tolled.

"When will you be here?" Garth asked.

"Tuesday. Shall we say one o'clock at the Ritz Carlton?"

Later, sitting in the kitchen while Stephanie cooked dinner, Garth told her about it.

"How much would it pay?" she asked.

"I don't know. Would you really want to move to Connecticut?"

"I'd move tomorrow."

Garth was taken aback. "But you like Evanston. Our friends, the kids' school, your job—"

"We'd make new friends, and I'm sure Stamford has fine schools. It would be wonderful to have some money and be close to New York. Some excitement for a change."

Garth felt uneasy. He had made the date only out of politeness; he had no wish to leave the university.

"Stephanie—"

"Sabrina! I've been calling and calling—"

"I was out. How are you? How's the family?"

"Well. But . . . oh, Sabrina, it's all been downhill since you visited here last year. I started a business, organizing estate sales, but it didn't succeed. I'm working at the university now. Not much fun, but it helps meet the mortgage payments. Garth's been offered a job with a pharmaceutical company in Connecticut. But I think he'll turn it down. Now: Guess what I did?"

"What?"

"Don't laugh. I applied for a visa to China. I've always wanted to go there, and I thought—"

"But so did I! This is wonderful! We'll go together. Can you afford it?"

"Of course not. I didn't tell Garth."

"Then you think you won't go?"

"Probably not. I just felt adventurous filling out the application."

"I'm not sure I can go either. But if we could figure out a way. . ."

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A moment after Sabrina hung up, Michel and Jolie came in to say good-bye. "The story grows bigger," Jolie said. "We came to warn you about Rory Carr. How many pieces have you bought from him?"

"Seven. And I've sold all except the summer house."

"We've traced five forgeries to Carr and Lazlo and Westbridge Imports," Jolie said. "Please check again the stuff that Carr sold you. I think you told us of running across Ivan Lazlo . . . when he worked for Max Stuyvesant."

"Yes. Seven years ago, when I was on a cruise on Max's yacht."

Sabrina felt sick. Some of her wealthiest and most influential customers had bought the porcelains she had acquired from Carr. She had copies of the certificates of previous ownership that Rory Carr had provided; she could verify them.

In five days she had verified ownership of five porcelains. On Thursday morning she turned to the last certificate, listing previous owners of a rare Meissen porcelain stork, and found they were names of people who did not exist. So the stork was a forgery. And when that became public knowledge, Sabrina's sterling reputation would be tarnished.

She shivered. She would have to buy back the stork. But she could not retrieve it without telling the owner the truth.

Who was the owner? She read the invoice stapled to the certificate. Lady Olivia Chasson. She was Sabrina's best customer, spending fifty thousand pounds a year on gifts and redecorating her homes. She sent new customers to Ambassadors. And she could destroy anyone she felt had cheated her.

Garth had been attending a genetics seminar at Berkeley for a month, and expected a welcome from Stephanie when she met him at the airport. But she was cold and distant.

"I've decided to go away for a while," she said.

"You've what?"

"There's a tour of China in a couple of weeks. I have my visa and I've paid a deposit."

"You did all this without a word to me?"

"You wouldn't have listened."

"Stephanie, when was the last time you listened to me? When I tried to tell you on the phone about the seminar, to share one of the most important times of my life, you cut

me short. I gave the major paper of the seminar. It was a triumph."

"That's wonderful. It means you've finished your work here. So you can take the job in Stamford."

Garth stared at her. "Is that job all you think about?"

"I want to get out of the Midwest and meet new people. Has it ever penetrated your biologist's brain that I'm lonely? That I need someone who can put his arms around me at night when I wake up frightened about tomorrow, or next week, or next year?"

"You turn your back in bed," Garth said. "You turn your head when I try to kiss you." He swung about and strode out of the room.

Sabrina and Stephanie were just walking back to their hotel room room in Shanghai when Stephanie stopped abruptly.

"Are we really going to trade places?" Stephanie asked.

"Do you really want to?"

"Oh . . . more than you do. To stop being me for a while, to play at being you in your wonderful life."

"Then let's do it. As long as you don't come home to Evanston complaining that somebody's been sleeping in your bed—"

"I told you, sex isn't a big part of our marriage anymore. And Garth usually sleeps in his study."

"Stephanie, usually isn't always."

"Well, then, you just turn your back."

Sabrina put an arm around Stephanie's waist. "We said it would be a lark, remember? But my life has its own dragons. I closed Ambassadors and gave Brian an extra holiday while I was gone. Antonio is in Brazil. It will be a quiet week: all yours and all London to explore."

"And a closet full of clothes. Do you mind?"

"Of course not. I'll be wearing yours."

"Blue jeans and shirts."

"A novelty. Stephanie, we're talking about a one-week caper, not a lifetime."

"Oh, Sabrina!" Stephanie hugged her sister. "But there's more to cover—friends, time schedules, grocery stores, my job in the dean's office—you're going to call in sick, aren't you?"

"I'd better. I can't type."

The next morning they boarded the train to Hong Kong. The tour of China was over. They were already absorbed in their game, repeating memorizing, recalling to each other people and places from past visits. Sabrina told her sister about the forged porcelains, and warned her to be careful. She opened her purse.



"This is my check card. You can cash a check anywhere with it. And my checkbook. You can practice my signature."

The next morning they exchanged house keys and dressed in each other's clothes; Stephanie in Sabrina's blue suit with red piping, Sabrina in Stephanie's brown suit and brown blouse. With a trembling hand, Stephanie offered her wedding band to Sabrina. "The first time I've had it off since my wedding day," she said.

Sabrina smiled. "I'll take good care of it."

And then it was time to go.

From the depths of the warm bed, Sabrina heard the rustle of clothes, a door gently shut. Why was Mrs. Thirkell in her room so early? A drawer was pulled out, quietly. Sabrina opened her eyes and saw a tall man wearing pajama pants, his naked back to her, trousers over his arm, a folded shirt in his hand.

Garth.

Not her bedroom; not her own bed. Her sister's house, four thousand miles from London.

Sabrina felt imprisoned in the bed. It was supposed to be an adventure, but it was all a lie. She felt ashamed and a little afraid. *I have no right to be here. These are real people, and I'm a fraud. Last night he slept in his study. But now...*

They had been waiting at the airport when her plane landed. Penny clung to her, arms around her waist, and even Cliff, tall for his twelve years, with flaming red hair and a pretense of cool disdain, kept touching her arm to assure himself that she was really there.

"Welcome home," Garth said. His eyes were searching Sabrina's as she turned to Cliff and Penny, who were eyeing the box she carried.

"Is it a present?" Penny asked. Her small face, framed in black curls like her father's, already had the vivid beauty that Sabrina and Stephanie had had at eleven.

"A present for the house," she said. "A beautiful bronze lamp from Shanghai."

"For the house." Penny was crestfallen.

"And," Sabrina went on, "Mr. Su had an amazing cabinet in his shop filled with magic tricks. Somehow two of them got into my suitcase."

Cliff's eyes brightened. "Chinese magic? What does it do?"

"It makes little boys disappear," she said, bending to kiss the top of his head. "Wait 'til we get home."

In the station wagon the two of them fired questions about China.

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Garth drove silently. It felt good to have a family. And no one noticed a thing.

"We wanted to order Chinese food," Cliff said as Garth brought the luggage from the car. "But we changed to pizza."

Sabrina knelt beside her suitcase. "How about presents before dinner?" She pulled the wrapped gifts from the sweaters Stephanie had used to cushion them. She gave Penny and Cliff theirs, and handed a small box to Garth.

"For me?" he murmured. "Thank you."

He had aged in the three years since her last visit; his face was thinner, and his black hair was mixed with gray. But his eyes had a boyish eagerness, like Cliff's, as he unwrapped his gift—a lustrous jade tie pin.

"A beautiful thing." He moved toward her. "I didn't think you—"

"The pizza!" Sabrina said quickly, and ducked away before he could kiss her.

Garth moved them all to the dining room. Sabrina ate a few mouthfuls and then was overwhelmed with exhaustion.

"I'm sorry," she said. "Does anyone mind if I go to bed?" Garth brought in her two suitcases. She kissed Penny and Cliff good night. Then she and Garth walked upstairs.

"Since you're so tired," he said, "I'll sleep in my study... unless you've changed your mind—" He kissed her quickly. "We missed you. Sleep well."

The next morning she listened to the sounds of a family getting ready for the day: water running, the rattle of dishes and silverware, Cliff and Penny chattering as they packed their lunches, Garth's deep voice, their laughter. Then the slam of the back door, the turn of a key and silence. They were gone. Sabrina had the house to herself.

There was nothing to worry about. For a week she would play her part, then slip away without leaving a mark.

The telephone rang.

"Hello?" she said. "Hello?"

"Am I speaking to the lady of the house? This is Lady Longworth in London and I wish to speak to—"

"Stephanie!" At her sister's voice, lilting and mischievous, Sabrina laughed. "How wonderful! Is everything all right?"

"Like a dream. Does Garth suspect anything?"

"Nothing. Penny and Cliff loved the magic tricks. Oh, happy birthday tomorrow, Stephanie."

"Happy birthday, Sabrina. Well, I'll see you in Chicago on Monday, at the airport."

"Have a wonderful week," Sabrina said, and she was on her feet before she said good-bye.

Job. She dialed the number on her checklist for Stephanie's office and left a message at the switchboard that she was ill. Then, surveying the pantry and refrigerator, she made a grocery list. Driving from store to store, she used Stephanie's notes as a guide to buy for house and family. No one questioned her signature on a check. When she brought film to the camera shop, the clerk greeted her as "Mrs. Andersen."

Garth came home early and found her seasoning steaks. He sat down at the breakfast table, opening the newspaper. "Did you buy wine today?" he asked.

"Yes. I'll get it. Tell me about your day."

"You haven't told me about yours," he said.

"Dolores phoned. She and Nat want us for dinner tomorrow. Shall we sit on the patio?"

Garth led the way outside and opened the wine.

"I've done all the talking, about my trip," Sabrina said. "You haven't told me what happened while I was gone."

"We missed you."

"Mom?" Penny rushed onto the patio and flung herself on a chair. "Can I be with you?"

Cliff came through the kitchen door. "What are you doing out here?" he asked.

"Having a quiet glass of wine before dinner," Garth said.

"It's almost six-thirty," said Cliff. "I'm starved."

"Six-thirty?" Sabrina was surprised. "Weren't you supposed to be home at five-thirty? Both of you?"

"I was talking to Hal," said Cliff. "I meant to call, but—"

"Sloppy time-keeping," said Sabrina. "You might improve on it in the future. Starting tomorrow. Now how about setting the table? We'll eat about seven."

Cliff and Penny ran into the house. Sabrina heard them whispering furiously.

"No lecture?" Garth asked.

*I am not a good mother; probably not strict enough.* She stood up. "Shall we finish the wine with the steak?"

The telephone rang in the kitchen. Garth took the call and came back



frowning. "I have to take over a seminar tonight. One of our bacteriologists has the flu. And I didn't want to go out tonight."

"They need you," Sabrina said, thinking, *That will take care of tonight.* "Will you be late?"

"Probably about eleven. You'll be up, won't you?"

"I think so."

But she was not. She woke at seven. The house was still. Sunlight flooded the room. It was a new day—Wednesday, her birthday, she suddenly remembered. A day when, in London, she might have felt melancholy at being thirty-two years old and alone. But today, in the midst of an adventure and a family, she was full of energy. She sprang up, showered, and was in the kitchen studying Stephanie's morning checklist when she heard the rest of the family beginning to stir.

Then they were in the kitchen and everything had to be done at once: fixing breakfast, making lunches, helping Penny sew on a button.

"Didn't the paper come?" Garth asked.

"I don't know," Sabrina said, spreading mustard on Penny's sandwich.

"Mommy! You know I hate mustard!" cried Penny. "I won't eat it."

"You didn't look outside for the paper?" Garth asked.

"No." *I didn't know about the paper. Or the mustard.*

In a feverish half hour they were all gone—Garth with his briefcase, Penny and Cliff with books and lunches. Sabrina felt triumphant. She had gotten them fed, organized and out of the house on schedule, without arousing suspicion.

That evening Penny and Cliff buzzed conspiratorially while she made hamburgers and French fries for their dinner, before she and Garth went to the Goldners'. Garth came home carrying a white box, and he and the children broke into an off-key "Happy Birthday."

Sabrina's face flushed, and she smiled, until an inner voice whipped across her thoughts. *They're singing for Stephanie, not you.*

"Open the box!" cried Penny, bouncing in her chair. Untying the ribbon, Sabrina found two boxes inside the outer one. The largest held a cake with a flowered heart surrounding a rose S. The second contained two round, smooth stones, one painted with her portrait, the other with a baggy clown.

The portrait was remarkably fine, the clown a rough caricature, both lovingly painted, varnished, wrapped

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in tissue paper and tied up with golden cord.

"They're paperweights," Cliff explained. "Don't you like them?"

Sabrina pulled the children to her and held them close. "They're wonderful. Thank you. I'll show them off to everyone."

"Aren't you going to open Dad's present?" Cliff asked.

Opening the box, she took out a porcelain bluejay about five inches high. Meissen. But how could Garth afford it? She turned it over and saw the mark on the underside: one of Meissen's own copies of its eighteenth-century originals.

"It's for your collection," Penny said. "To go with the ones Aunt Sabrina sent you. We helped pick it out."

"Very beautiful," Sabrina said to Garth. "And very special. Thank you." No one could know that a porcelain bird reminded her of problems waiting to be solved; they were Sabrina Longworth's problems, not Stephanie Andersen's. And then it was time to go.

On the leather couch in the Goldners' living room, Sabrina handed around her photographs of China and talked about her trip—omitting mention of her sister. She was tense, trying to act at home with the Goldners and Martin and Linda Talvia, friends of Garth and Stephanie for twelve years. She gave Dolores and Linda the silk scarves Stephanie had bought for them in Shanghai. They sang "Happy Birthday" and Sabrina cut the birthday cake.

She looked around the table. No suspicion amidst a husband and four close friends that she was not Stephanie Andersen. How could that be? She made slips of the tongue, and she couldn't answer some of their questions. Her timing was off. Why didn't anyone see that something was wrong?

*Because people see what they expect to see. No one has any reason not to expect me to be Stephanie.*

Later, as she and Garth reached their front porch, he put his hand on her arm. "I wanted to tell you—"

She stiffened and pulled away. "I'm sorry," she said, "I'm not settled down yet . . ."

"Stephanie, I won't push you. I'll stay away from our bed if that's necessary for you. But at some point we have to talk. There are many unresolved matters. . . . Why are you crying?"

"Please give me a few days—"

He kissed her forehead. "Why don't you go upstairs? I'll lock up."

"Good night, Garth." She touched his hand. "Thank you for a wonderful birthday."

On Saturday, Penny reported, "Daddy says yes. If you say yes. A bike ride and a picnic. Please, can we go? I can collect leaves for my science class and Cliff wants to find a toad."

"Why not? It sounds like fun."

They packed bread, meat, cheese, apples and cans of ginger ale, and Sabrina began her first bicycle trip in fifteen years. She hadn't forgotten how to ride, and tennis had made her legs strong. Following the others, she let her body find its own rhythm, while her mind drifted. She would have a lot to tell Stephanie when they met at the airport on Monday. The week was slipping away.

"Stephanie, watch out!"

"Mommy!"

Sabrina saw a pickup truck bearing down on her. She turned sharply left, skidding. The truck clipped her back wheel, she was flung through the air against a tree, heard Garth call her name, and then the golden day went black.

Strangers were telling Garth to wait in the other room. Then someone moved her wrist, and pain wrenched her whole body. "Don't!" she cried.

"Only be a minute, Stephanie; just hold on." Dr. Nat Goldner's voice. She felt a needle in her right arm and then she was too drowsy to worry.

She was on a cot in a small cubicle and her left arm was in a plaster cast. She had a terrible headache.

"Awake?" asked Nat.

He and Garth looked down at her, Garth's eyes dark with anxiety.

"Penny . . . Cliff," she said through dry lips.

"In the waiting room," said Nat. "Listen, Stephanie. You have a fractured wrist and a mild concussion. Take it easy for a few days. No work. We'll X-ray the wrist again in four weeks; if it's mended, we'll take the cast off. Any questions?"

"Why do you call me Stephanie?"

"Should I call you Mrs. Andersen? I'll give you some tranquilizers, enough for a week. You may be disoriented for a while. Now rest for a few minutes. We'll be right back."

She lay quietly, looking at cracks in the ceiling. Mrs. Andersen. Stephanie. Garth. But Stephanie was in London. Without a broken wrist. *Oh, my God, I've got to call Stephanie. What will we do now?*

END OF PART ONE

Exciting conclusion next month



*An educational tip on your auto insurance.*

*How much of the doctor's bill does your group policy pay?*

*A job offer you can refuse.*

*These and other money-wise facts from our expert.*

**Q** Our 19-year-old son is a freshman at college and I'm just beginning to realize how little the rest of us used the family car when he was home. But now he grabs it only during vacation periods—shouldn't this fact make a difference in our car insurance rates?

**A** It certainly should. Your automobile insurance rates ought to be considerably lower now that your son doesn't use the car regularly. In fact, if your son is at college 100 or more miles away from home, you could find your insurance premium slashed by as much as \$200 a year. Check with your insurance agent on this at once.

**Q** What proportion of my family's medical expenses, on the average, can I expect my group health insurance to pay?

**A** About 85¢ of each \$1 of those medical expenses covered by your insurance plan. However, many policies don't cover such things as cosmetic surgery, routine checkups, private hospital rooms or psychiatric expenses. In addition, some insurance companies have their own schedule of costs (independent of your doctor's actual fees) on which they pay that 85 percent. My advice: Check out your coverage in detail now, so you'll not be in for any nasty shocks when you or a covered family member incurs medical expenses.

**Q** My husband is being rotated to another branch office soon, so we're desperately looking for an apartment to rent. But one landlord after another has turned us down because we have two young children. Isn't it against the law to discriminate on this basis? What can we do about it?

**A** Restricting rental housing units to families without children is not against any law, and more than one-quarter of the landlords of this nation's rental units have a "no children allowed" policy, reports the Department of Housing and Urban Development. In fact, more than 50 percent of rental units with two or more bedrooms have occupancy limitations that refer to children. So, though the courts aren't the answer, your husband's rotation suggests that he's being trained for the executive level. If that's the case, perhaps his company can help in finding an apartment. Your husband should investigate this carefully; he might be overlooking a significant fringe benefit.

**Q** I received a form letter from a firm last week offering to send me \$300 a week to stuff sales letters into stamped and addressed envelopes. There's no charge for participating in the program, but they request a \$20 deposit, which they'll refund when my checks start coming in. It's a dream job for me, because I'm confined to my house by two infants and an ailing mother and we could certainly use the extra income. Does it sound okay to you? I'd like to know before I mail that deposit.

**A** It may very well not be okay. This could be an example of a type of fraud directed at women who want to earn money at home. The postal authorities have prosecuted companies for collecting the fee and never sending any work. Before you send money or believe any of those promises, think it through: Three hundred dollars a week just for stuffing envelopes? If it sounds too good to be true, it probably is.

**Q** In my condominium, there are more couples just living together than there are marrieds. My husband and I feel so "out of it," and we've been wondering whether this phenomenon is as common as it seems.

**A** The number of unmarried couples living together tripled during the 1970s—from 523,000 to 1,560,000, according to the Census Bureau. But despite this sharp increase, the total represents only about two percent of all households. Some other fascinating Census Bureau finds:

- Americans are marrying at a later age. In 1980 the average age of first-time brides rose to 22.1 years, against 20.8 years in 1970; for men, the average rose during the decade to 24.6 years, up from 23.2 years.

- The ratio of divorced people to married people living with their spouses more than doubled, from 47 per 1,000 in 1970 to 100 per 1,000 in 1980.

- A full 23 percent of all households in 1980 consisted of one person living alone, a total of 17.8 million households and an increase of 64 percent over 1970. Most of these single-person households represent the divorced, the never-married and people under age 35. About 11 million of the singles were women, although the number of men living alone increased by 92 percent during the decade.

- One out of every five children under 18 years of age is now living with only one parent. The increase—from 11.9 percent of the nation's children in 1970 to 19.7 in 1980—is due largely to higher rates of separation and divorce as well as the rising number of babies born out of wedlock. Ninety percent of these single-parent children live with their mothers. **End**



NEXT MONTH IN

# LADIES' HOME Journal

## THE SEXUAL REVOLUTION

Did it help (or hurt) marriage?

## THE SCHOOL THAT WENT STRAIGHT

An inspiring account of how one high school went from drugs and dropouts to hard work and high grades.

## GET CONTROL OF YOUR HAIR

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30-minute meals good enough  
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## THE PERFECT GETAWAY

Sylvia Porter tells how to make  
the most of your vacation.

## HOME, SAFE HOME

A checklist so you can make every  
room accident-proof.

## Test-Tube Baby

I didn't understand your story in the January issue about Samantha Steel being the first American test-tube baby. Elizabeth Jordan Carr was the first. I have the newspaper clippings to prove it.—Bridget Fox (aged 12½), La Canada, Calif.

**Ed. note:** Actually, Bridget, Elizabeth Jordan Carr, who arrived on December 28, 1981, was the first test-tube baby conceived and born in the United States. But Samantha Steel was conceived in vitro in England and born there on October 2, 1981, to American parents. You weren't the only reader to be confused about the order of the births, so thanks for giving us the chance to set the record straight.

I was deeply moved by Bonnie Remsberg's article announcing the birth of America's first test-tube baby (January, 1982). I suffer from the same kind of infertility as did Laurie Steel, and like her, have gone through all of the agonizing tests and various medical procedures for more than two years without success. During this time I have encountered tremendous frustration and disappointment. But Laurie's story renews my strength and determination. Please tell me where there are clinics in this country which can perform the *in vitro* procedure.—Linda Walther, Winnemucca, Nev.

**Ed. note:** The Norfolk General Hospital in Norfolk, Virginia, has an In Vitro Fertilization Program which recently announced the birth of a healthy "test-tube" baby (see previous letter), and which reports that several more pregnancies have been achieved. For information, contact Howard Jones, MD, and Georgeanna Jones, MD, by calling (804) 628-3369, or by writing to them at the hospital, 600 Gresham Drive, Norfolk, Va. 23507. Other clinics in the U.S. equipped to perform the technique include the Yale University Medical School in New Haven, Connecticut, the University of Texas Medical School at its Houston and San Antonio campuses, and the

Los Angeles County-University of Southern California Hospital in Los Angeles.

## Voice for the Mentally Ill

I found the story of Samantha Grove Johnson's loving perseverance and dedication to her brother John greatly heartening, as I have a son who is also a schizophrenic. Yet the article was disturbing as well, for Ms. Johnson's description of mental health care in this country is dismally echoed by my own experience. I'd like to thank *LHJ* for venturing into this darkened area. Since the mentally ill cannot tell their own stories, we must do it for them.—Mrs. J. Black, Dallas, Tex.

## Health Hazards

Dodi Schultz's article on health hazards (January, 1982) alerted me to the close link between high blood pressure and salt intake. Heeding her warning, I have begun to check the labels on packaged foods in the supermarket for their sodium content, only to discover that more often than not the information is not made available. Is there any other way to find out about this?—M. Thomas, Albany, N.Y.

The author replies: The Food and Drug Administration has only recently moved to ask manufacturers of packaged foods to state the sodium content on their labels. In the meantime, you may want to write away for a booklet called "The Sodium Content of Your Food," which lists figures for several hundred items. Single copies are free and can be obtained by sending a postcard to the FDA, HFE-88, 5600 Fishers Lane, Rockville, Md. 20857.

Please address letters to L. Dwork, *Ladies' Home Journal*, 641 Lexington Ave., N.Y., N.Y. 10022. We regret that we cannot reply to every letter. We reserve the right to edit letters for publication. We cannot print a letter unless we have the name and address of the correspondent, but we will withhold this information on request.





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# Journal

FEB 21 1982

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Tony Geary Tom Selleck  
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THE SCHOOL  
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How the body heals itself  
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THE SEXUAL REVOLUTION

Did it hurt (or help) marriage?

30-MINUTE MEALS

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BARBARA WALTERS' PRIVATE LIFE A rare at-home visit







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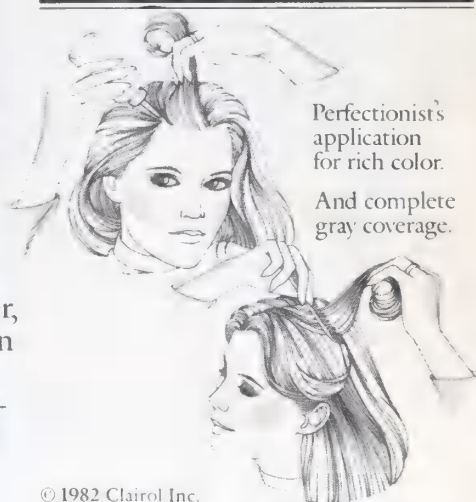
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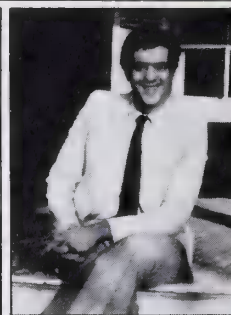
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## EDITOR'S JOURNAL

By Myrna Blyth



*Dr. Stuart Berger, far left, when he tipped the scale at 420 pounds. Left, a slender Dr. Berger today.*

Sigrid Estrada

**T**he proof of the pudding is in the eating, and the proof of a diet is in the before and after pictures of a successful dieter. That's why we asked Dr. Stuart Berger, the author of *The Southampton Diet*, for two contrasting pictures of himself. Well, he had plenty of photos that show him at his current weight of 210 pounds. But somehow Dr. Berger, who is both a physician and a psychoanalyst, could find only one picture of himself when he tipped the scales during medical school at twice this weight. Quite frankly, he doesn't look that fat in the old picture that he sent us. But it's understandable, isn't it, that he never kept a photo from the past that showed him looking as heavy as he really was.

Such a man has a profound understanding of both physical and emotional problems of dieters. That's why we think his Southampton Diet is unique. It is based on knowledge acquired during his medical and psychoanalytic training, as well as his personal experiences. Whether you want to lose ten pounds or a hundred and ten, this nutritious diet can work for you. See page 68 and give it a try.

Besides Dr. Berger, this issue of the *Journal* is full of fascinating people. Our Superstar Sweepstakes (page 18) is a fun look at today's young celebrities who are trying to be tomorrow's biggest stars. And we're also starting a new series this month called "Private Lives," which will take you into the homes of your favorites for a rare, intimate report. We've begun the series with Barbara Walters, a woman I think we can all admire. You may be surprised to find out that Barbara, always the cool professional when she does interviews on camera, is, at home, a creative cookie maker and a very loving mom.

Another interesting feature this month is our beauty special which combines new information about hair care with discounts offers for LHM readers only. Please use these *Journal* coupons and treat yourself to a new cut, perm, color or styling at one of the thousands of salons that are taking part in this program. Sometimes, especially in these tough times, a magazine has to show concern for its readers with more than words, and that's exactly what we're trying to do.

So whether you cut your calories or your hair, remember we want to help make May a merry month for you and your family.

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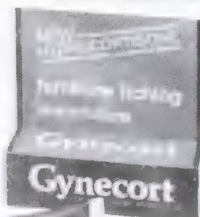
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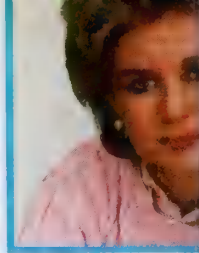
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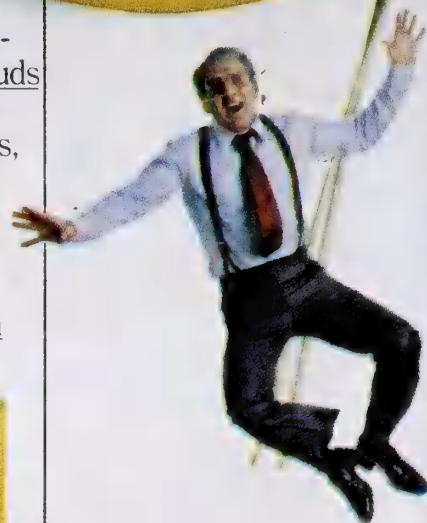


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## "Is my husband too old for me?"

*Julie and Dennis thought love would overcome their twenty-year age difference—until friends, children and even careers got in the way. Can a relationship survive a generation gap?*

**T**his case is based on information from the files of Family Services of King County, Washington, an agency funded by United Way and a member of the Family Services Association of America. The true story reported here is from counselors' reports of interviews. Names and other details have been changed to conceal identities. The counselor in this month's case was Susan Prescott, M.S.W., A.C.S.W.

### Julie's turn

"At first I was attracted to Dennis because he seemed so wise and mature," began Julie, 25, a titian-haired woman wearing a gray flannel suit. "A handsome, distinguished-looking man, he represented everything I wanted—security, stability, even romance.

"But now our love life is practically nonexistent, and our social life isn't much better. Sure, Dennis is stable and dependable, but he's also self-centered and so settled in his ways I doubt he'll ever change. I feel trapped in a marriage with a man old enough to be my father.

"When I met Dennis, I was a lonely law student, strapped for money. Twenty years older than I, Dennis was a successful research engineer who liked to

sail, ski and jog. He talked about his children and seemed sad about his impending divorce. His wife Doris had been having an affair.

"But despite his troubles, Dennis was witty and dynamic. I could feel the proverbial sparks fly between us. At the time, I was separated from my first husband, Tim, and I was reluctant to make the separation permanent. But Dennis and I began to see each other regularly, so I went ahead and filed the divorce papers.

"During the two years Dennis's divorce proceedings dragged on, he lived at home and slept with his wife. I was surprised when I found that out, but later realized such behavior was typical of him. He doesn't like to be inconvenienced.

"One day he left his family to go to an out-of-state business conference. Instead of returning to them, he moved in with me—without explaining to his children what was happening. I think that was a very cruel thing to do to them, but Dennis's attitude is 'the world revolves around me.' After his divorce came through, we got married and moved to a small apartment four blocks from Doris and the kids.

"Once settled, I wanted to start entertaining. I knew that Dennis and Doris had been a popular two-some in our small community, and I didn't expect his friends, all middle-aged couples, to accept me immediately, but I was unprepared for their coldness. Clearly, the wives regarded me as a threat. They didn't want their husbands to get any ideas about younger women.

"Dennis doesn't fit into my age group either, and I think he's jealous of my friends. If I want to have lunch with an old girlfriend, he

sulks until I invite him, too, which ruins any personal conversation.

"Our life together took a real nose dive when Dennis invited his two children, aged seven and eleven, to live with us during the summer vacations. He, of course, was at the office all day, but as a student I had summers free. Dennis expected me to provide the children with meals, transportation and entertainment. I felt used.

"With the children around, Dennis and I had to forget about intimacy. The kids clung to him, squeezing in between us whenever we sat on the sofa together. And the walls of our apartment are paper-thin that I felt totally inhibited sexually.

"No matter what I try to do for those children, their mother turns it into a competition. If I buy the girl a pretty dress, Doris never irons it. If I try to show the girl how to cook or sew or ride a bicycle, Doris's complaints filter back to me.

"Doris also uses her children to get even. She'll tell them, 'If your father weren't spending money going skiing this weekend with Julie, maybe you could have a new bicycle.' She also makes them spend on me; they go through my closet and report any new clothes.

"Dennis can't confront her, which makes me boil. Often, when we've told Doris what we plan to do with the children for a weekend, she doesn't pack suitable clothes, so we're forced to go out and buy them. I'm sure it's deliberate, but Dennis will only say to her, 'Doris, next time I'd sure appreciate it if you would . . . .' He's afraid that if he makes her angry, she'll take it out on the kids.

"Not only am I disappointed at Dennis's lack of back- (continued)



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bone, but I'm appalled at the reckless way he handles our finances. Recently, I discovered we're thousands of dollars in debt because he charges everything, then pays only the minimum amount due each month.

"This worries me because it reminds me of my father. He'd either be earning a hundred and fifty thousand dollars a year as a super-salesman or be out of work. One year my family would live in a mansion, and the next we'd be in a downtown ghetto.

"My parents had six kids in eight years, and I was the oldest. The baby slept in my room, and I had to take care of her. My mother—who explained the baby as 'one martini too many'—didn't have the energy to cope with her.

"When I was only ten, my parents would go away for weekends and leave me in charge of the household. I could cook a little—things like macaroni and cheese out of a package—but my main problem was keeping order among my brothers, who used to throw roller skates at each other.

"School was my salvation. I was a smart-aleck kid who got straight A's. During high school, I became the champion female debater in my state, which got me into a top university.

"My heart was set on going to law school. But during my senior year at college, my father lost his job and couldn't support me financially. I panicked and married Tim, a classmate whose wealthy family paid for most of our big wedding and even helped me out with law school tuition. But I'm afraid Tim and I were just too young and ill-suited, and we drifted apart.

"My parents were appalled when this marriage ended and I married Dennis in a quick civil ceremony. As far as they're concerned, I'm a sinner, living outside the Church. I'm bothered that I can't take the sacraments, but Dennis, an atheist, can't understand my attachment to my religion.

"Nor can Dennis understand what's happened to our love life. When we first started sleeping together, I had multiple orgasms. Now, if I let myself go, I feel really troubled and nervous afterward. So, I usually plead a headache or say I'm too tired.

"Dennis doesn't want to have any more children. He says he's too old to start with night feedings and diaper changing all over again. Occasionally, I feel sad that I'll never be a mother, but most of the time I'm just as glad. I really don't want to interrupt my work to have kids.

"Now that I've finished law school, I'm anxious to get on with my career. Right now, I'm working with a small

firm, but I've been offered a marvelous job as a federal hearing examiner, based in San Diego but traveling through all the western states. When I was interviewed for the position, Dennis came along and made an unsuccessful attempt to find a job. He says that if he can't get a position he likes in San Diego, our marriage is over.

"Although I'm willing to commute on weekends, Dennis wants me home every night. I've spent seven tough years getting my degrees. Why should I be stuck just because my husband's too stubborn to make a career change?

"If I'd known what I was getting into, I'd never have married a man as old as Dennis. I'm ready to move out."

### Dennis's turn

"I had no intention of getting involved when I first met Julie," said Dennis, a fit-looking man of 45 in a turtleneck sweater. "She looked about eighteen, and I didn't even think she was pretty. But I was soon fascinated by her mind. I'm easily bored by people but never by Julie.

"Compared to how I feel about her, my first marriage was shallow. Doris went her way and I went mine. Most of the time, we didn't even eat together. After twenty years of marriage, she started seeing an old boyfriend and demanded a divorce. But after the divorce was final, her lover backed out.

"By that time Julie was on the scene. My friends were highly cynical about the relationship lasting because of the age difference. I waffled for six months, but Julie insisted on legitimizing the affair. With her strict upbringing, she's much more conservative than I am.

"I thought we would have a warm, affectionate marriage. There was once a rush of passion between us. Granted, it's hard to be intimate when my children are around, but even when we're

alone she's sexually turned off. If even touch her bare breasts while she dressing, she bristles.

"I think part of the problem is that she's overworked. Julie's up at five thirty A.M. and at the office until six P.M. with only a glass of milk for lunch, the home with a bulging briefcase. Weekend ends are devoted to work, too.

"She's overdoing it to the point that she cries all the time. She's also constantly looking for positive reinforcement. I don't have the time, or the inclination, to be her nursemaid.

"Julie just can't collapse into a chair and do nothing. For instance, the other night we were asked to attend a dinner meeting in an unfamiliar part of town. I was tired, but Julie insisted that we had to go.

"It was dark when we started, and soon got lost. When I asked Julie to find a map, she got mad because she hadn't taken down directions. She was also fearful about being late. She always wants to be ten minutes early.

"Suddenly, I couldn't stand being in that confined space. I handed Julie the car keys and got out. Julie panics when she's left by herself in the dark, and as I suspected, she turned the car around and followed me, pleading with me to get in. After about two miles, I relented and we drove home.

"She interprets my behavior as an attempt to run her life. She says I didn't want to go to the dinner in the first place, so I made sure neither of us got there. My first wife also said I was domineering. I don't think that's true. I just won't be pushed around.

"For instance, Julie wants me to give up a good job and follow her to California. Well, that's ridiculous. At my age and not freshly trained, I don't have the career flexibility that she does. Because of her inexperience, she's starstruck about this offer from a federal agency. She'd be (continued)



"Oh, oh!"



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## THIS MARRIAGE

*continued*

ected to travel constantly, which  
be awful, and I'm sure that's why  
job has a high turnover. I refuse to  
root myself from my children and  
just to satisfy her selfish demands.  
e's acting like a spoiled brat."

### **the counselor's turn**

When Julie first came to see me,  
e was overly emotional and teary  
m pure physical exhaustion," said  
e counselor. "She and I worked alone  
some of her unresolved conflicts.  
en Dennis came in, and we explored  
eir shared problems.

Julie had been burdened with far  
many adult responsibilities as a  
ild. She had tried to earn her par-  
ts' love by doing whatever she was  
ked without complaining. She never  
d the chance to strike out on her  
n gradually and become truly inde-  
ndent. As a result, she lacked self-  
fidence, in spite of her brassy man-  
r and many successes.

"She was displacing a lot of the re-  
essed anger she felt toward her par-  
ts on Dennis. She had legitimate  
mplaints, but her anger was dis-  
proportionate to his behavior. He re-  
ted to her anger by becoming rigid:  
his is how it's going to be, kid.' Den-

nis fell into the parent role and she  
became a child again, feeling power-  
less, just as she had in her own family.

"These feelings of emotional turmoil  
would overwhelm Julie when she let  
herself go sexually—the only time her  
mind wasn't controlling her body. This  
is why she began avoiding sex.

"At first Dennis didn't show much  
compassion or patience toward Julie.  
His only concern was that she never  
had enough time for him and was al-  
ways crying. He couldn't understand  
her emotional needs. In his job, he was  
used to reaching decisions on purely  
rational grounds. His first marriage  
taught him only how to stay distant.

"In therapy, Dennis gradually  
learned to listen to Julie as an equal  
and not act as a parent. He still falls  
into that role on occasion, but he tries  
to stop himself by saying, 'How do you  
feel about that?' or 'What did I do  
wrong?'"

"Julie finally told Dennis that she  
didn't want to make love until she  
could deal with the painful feelings it  
released. Expressing her needs so hon-  
estly was a monumental step forward  
for her. Anxious to save his marriage,  
Dennis agreed to forego sex unless  
Julie initiated it. As Julie progresses  
in therapy, she better understands her  
feelings and is gradually becoming  
more interested in making love.

"Julie decided to turn down the San  
Diego job after Dennis helped her see  
its drawbacks. Nonetheless, she was  
determined to make other changes in  
her life. She and Dennis moved from  
the town where Doris lives, and they  
now have a new set of friends unac-  
quainted with the first wife.

"The new town is closer to Julie's  
job, which helps her save time and  
energy. She now goes to bed at ten  
o'clock, eats three meals a day and is  
cutting down on her work hours. As a  
result, she's less weepy. To save herself  
from worrying, she runs the family  
budget on a pay-as-we-go basis.

"Dennis's children are older now and  
no longer come for long visits. They're  
also less willing to listen to Doris's  
snide remarks or to spy for her.

"Not all of this couple's problems are  
resolved, however. Julie's parents will  
probably never accept her second mar-  
riage. But she and Dennis attended  
several Marriage Encounter weekends  
where they examined the spiritual  
meaning of their relationship, and  
Julie does feel considerably less guilty  
with regard to her church.

"Recently, Julie and Dennis have  
been analyzing her future career  
moves. Although finding a good job in  
his field will be difficult, Dennis is  
now willing to consider following Julie  
when her big break comes." **End**

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## IT'S NOT EASY TO BE A WOMAN TODAY

By Kathleen Witt

**"I'm doing  
a man's job"**

*My career really took off when  
I convinced my co-workers that I was  
"man enough" for the job.*

**A**s a young woman, I had very romantic notions about the type of job I would find after leaving school. Maybe I would teach French, for example, or be a journalist. Exciting as my fantasies were, however, I had nothing but pennies in my pocket. So, to pay my way through college, I took a part-time job in a truck equipment company.

Needless to say, a shop that services garbage trucks is not the stuff that dreams are made of. Nor is it the most "liberated" atmosphere in which a college student could find herself. I was a good sport, though, and tried not to take the macho bluster of my co-workers too seriously. I had no intention of single-handedly tackling sexism in the blue-collar world. Besides, I needed the money.

Many of my duties as a "Girl Friday" definitely fell into the category of "woman's work." After all, I never heard my boss ask a mechanic to fetch him a cup of coffee! But even though I didn't like part of the job description, I did enjoy much of the office routine. After graduating I eventually joined the company as a full-time employee. Jobs were scarce and I had been offered a raise.

Four months later, the parts manager in the "shop" (where products were sold and trucks repaired, and all the workers belonged to the union) decided to leave. He had been responsible for selling and stocking the parts inventory. After working in the front office (the management, non-union side of the

business) and typing countless invoices, I knew everything about trucks, from the tiniest nuts and bolts to the heaviest drive shaft. I convinced my supervisor that I was "man enough" for the manager's job. That's when the trouble began.

Having me in the parts department absolutely shocked the men in the shop. How could a woman assemble a hydraulic pump for a dump truck? Or handle power takeoffs? (I'm not large but I'm no shrinking violet either.) A person can get very dirty hauling power takeoffs.

The oddest reaction I encountered, however, was from me who simply couldn't conceive that I was a woman. Or, trucker, after ordering some parts from me, turned to his partner and muttered, "Did you see that guy? He was wearing earrings." I certainly did not look like one of the boys. My hair was quite long at the time, and so were my fingernails. He had even watched my hands as I wrote down his order! Other times, a customer would come back to the shop having been told in the office to "speak to Kate." He would look me straight in the eye and ask, "Are you Pete?" Returning his stare, I'd reply, "Do I look like Pete?"

Occasionally, a really sleazy salesman would come in to push his product line and of course that meant he had to sell his wares to me. After reaching the counter, he would ask the "girl" for the parts manager. When the "girl" answered, "What can I do for you?" he'd turn beet-red.

Having to deal (continued)



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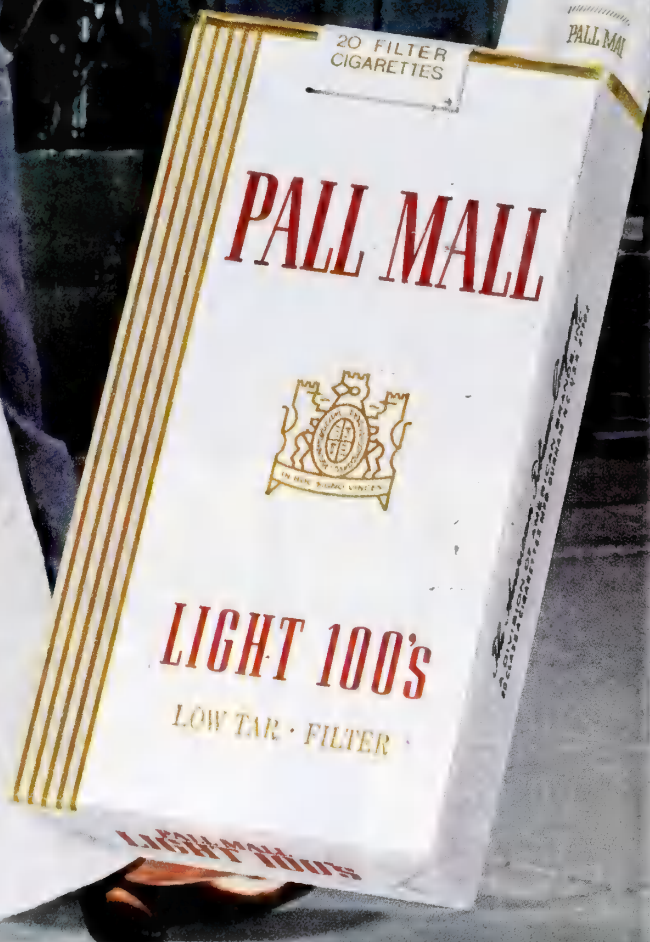
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with a woman threw his whole sales pitch off. He could not smooth-talk me before honing in for the big sell by telling dirty jokes or discussing the latest baseball scores. Instead, he might say something like, "I sure think it's great that times are changing and gals can do jobs just like men. You should be real proud of yourself, honey." I would not be humored. His merchandise had to be very, very good or I just wasn't buying!

Soon after becoming parts manager, I had to deal with another type of problem—wages. When I realized I would make more money as a union member, I applied. Had I been a man, the union steward would have insisted I become a member. But under the circumstances, much hemming and hawing ensued. Still, I *was* admitted—the first woman in the local union. Of course, for months afterward, all my union mail came addressed to Mr. Kathleen Witt!

#### **I settle into the shop**

In time, the men I worked with every day in the shop—the mechanics, maintenance men and others—came to accept me, and I to appreciate them.

I learned how to handle most situations with ease. Provided I kept my sense of humor, being called "Sir," stared at or ignored was quite bearable. The men I was interacting with were simply products of our society. In their minds, a woman simply did not *belong* at the head of the parts department. In many respects there was a surprising absence of sexual harassment in the shop. My co-workers knew enough not to make a sexist remark in my presence.

Also, almost every man jack of them was a staunch family man, so they didn't make passes at me, either. Once, one of the single mechanics nervously sidled up to my desk and muttered, "Hey, ah, would you like to go out to dinner and have a few laughs?" Recognizing immediately that he was not a candidate for the love of my life, I politely turned him down.

Two years after I began working in the shop, I did get married—but not to a trucker. The first time I saw Charlie, he looked like a construction worker. Within the first five minutes, however, we began comparing our classical music collections and I discovered we also had a college education in common. Once a philosophy major, Charlie was a structural iron worker.

He loved kidding me. Other wives come home smelling of French perfume, he'd say, not diesel oil!

After we'd been married three years, I became pregnant and had to

write a maternity leave into my contract. I was so determined to prove that my "condition" would not affect my duties that I never gave anyone a chance to be overly solicitous. Nevertheless, as businesslike as I tried to be, I think the guys in the shop assumed I would quit once the baby was born. One or two even made a point of mentioning that he wouldn't allow *his* wife to work when she should be home taking care of the children. (Eventually, economic pressures forced many of *their* wives to reenter the job market.) In any case, Charlie and I were saving for a home of our own, so I needed to keep my job. And besides, I enjoyed my work too much to quit.

Right before Anna was born, my fellow workers decided to do something special for me. Instead of the usual baby shower or gift, they set up a betting pool. Each paid a certain amount and guessed the date of Anna's birth. The winner did not, however, take all. Half was used to buy the baby a stroller. When they made the grand presentation, tears came to my eyes. I knew then that I was indeed a friend and colleague.

Two years later, I gave birth to my son, Adam. While I was out on my second maternity leave, my boss offered me a new position, which involved pricing and working up bids on completed trucks. Not only was this a

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step up, but the promotion meant a shift back into management and the front office. No more oily jeans or grease under my fingernails.

So far, I've enjoyed my new responsibilities, but I do miss the camaraderie of the shop and the union meetings. Smelling like a rose is fine, but I'll take a few dabs of diesel oil behind the ears anytime. Furthermore, there obviously aren't very many women in my present position either. Now, it's "Hi, dear, will you tell your boss Mr. So-and-So is here?" Here we go again . . .

**End**

We'd like to know how you, as a woman, are facing your own life and problems. We'll pay \$250 for each manuscript accepted for publication in our "It's Not Easy to Be a Woman Today" column. Tell us how you are resolving a specific situation, large or small, that represents the changing times in which women live today. Manuscripts should be about 1,000 words, typed and must be accompanied by a stamped, self-addressed envelope. Please send all entries to: Box 1NE, Ladies' Home Journal, 641 Lexington Ave., New York, N.Y. 10022. Be sure to keep a copy of your manuscript. We cannot be responsible for lost or damaged manuscripts.





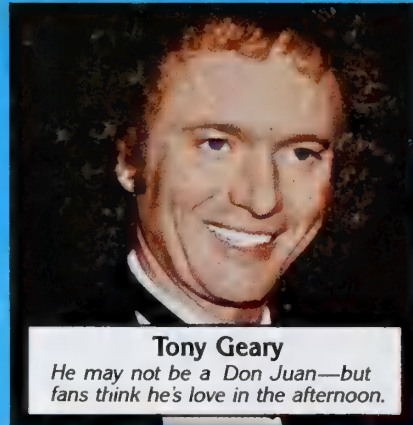
**Nastassia Kinski**

Part Ingrid Bergman + part Audrey Hepburn = a 21-year-old sex siren.



**Gregory Harrison**

Oh, Doctor...! Trapper John's Dr. "Gonzo" sends pulses racing with his boyish good looks and charm.



**Tony Geary**

He may not be a Don Juan—but fans think he's love in the afternoon.



**Tom Selleck**

Reminds you of Gable? Newman? Reynolds? If this man doesn't have it, then they're not making it anymore!

# Superstar Sweepstakes

Can you predict the stars whom everyone will be talking about next? We've made our pick—see if you agree.

By Sally Ogle Davis



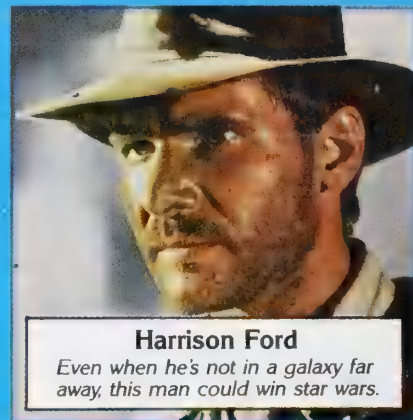
**Mary Steenburgen**

Time after time, this talented girl-next-door gets closer to superstardom.



**Morgan Fairchild**

Sultry Morgan has scorched our TV screens—but does Flamingo Road really lead to movie superstardom?



**Harrison Ford**

Even when he's not in a galaxy far away, this man could win star wars.



**Sigourney Weaver**

A winner, this new screen talent looks like Dunaway, sounds like Fonda, and is being hailed as a new Katharine Hepburn.



**William Hurt**

A perfect lead for The Preppy Handbook —"Look, Muffy, a star for people like us."



**Jessica Lange**

Critics of her acting say she has just been aping around. Will her next movie, Frances, be her last shot at stardom?

**S**tardom is a tricky business, and picking candidates for superstardom can be even trickier. But if once in a while the right combination of talent, experience, temperament, personality and—let's

face it—anatomy come together, a star of the first magnitude may very well be born.

In the past there were guidelines that helped performers up the gilded ladder. They (continued on page 22)



# Does your younger-looking friend know a special secret?

**Y**ou know you're almost exactly the same age...you've seen her driver's license. You lead the same kind of life and she certainly doesn't have any more time to spend on her appearance than you do. But unaccountably she looks younger than you and, whenever you go anywhere together, you sense that other people notice the difference. Usually she shares her secrets. Where she gets those great-looking clothes at not-to-be-believed prices. Where she and her husband are going on their long-awaited second honeymoon. But she has yet to reveal her secret of looking younger.

She may be one of the millions of younger-looking women around the world, from Paris to Rio, from London to Bangkok, who have discovered the secret of a mysterious beauty fluid which can help them look younger. This beauty fluid is known in the United States as Oil of Olay.<sup>®</sup>

Smooth the beauty fluid lavishly over your face and throat. You'll know from the very first instant that the remarkable fluid is unlike anything you've ever experienced before. Oil of Olay is similar to the

natural fluids plentiful in younger skin, fluids which must be in delicate balance for you to look as young as possible. Each precious drop penetrates quickly, working as a partner with nature to help replenish those vital fluids that time and the environment steal away each day. Watch your skin drink in the extraordinary blend of tropical oil and emollients. Oil of Olay disappears into your skin without a hint of greasiness, ever. Within moments your face feels silky smooth and satiny soft as dryness is eased away. You'll see a renewed radiance, a healthy-looking lustre you may have thought was gone forever. Even little wrinkle lines that make you look older than you like (perhaps even older than you truly are) virtually begin to fade from sight. From the very first day, you look noticeably younger.

How will your revitalized look affect you? Certainly it's a pleasure to see a younger-looking you reflected in the mirror day after day. And it's also nice to know that the change in your appearance is so noticeable to the people around you that someone will probably mention how marvelous you look. (Do



you suppose your special friend will comment? And, if she does, will you tell her the secret you've discovered?) But perhaps one of the greatest joys of looking younger is the exhilarating feeling of confidence you get when you know you look your best.

Shouldn't you join the millions of younger-looking women around the world who make Oil of Olay an essential part of their daily beauty ritual? Gentle on the beauty fluid each morning after washing or cleansing, to help replenish the natural fluids you had so much of when you were younger and to help restore a delicate fluid balance so you may look younger. Again every evening at bedtime, to let your face luxuriate in its own moist climate during hours of sleep. Any other time your skin feels dry or taut, pat in a little extra Oil of Olay, paying particular attention to those tell-tale little wrinkle lines.

You'll discover that Oil of Olay is marvelous under makeup. Cosmetics smooth on quickly and evenly over your softened skin and stay fresher-looking longer. And on those days when you like to let your skin breathe free and easy, without any makeup at all, Oil of Olay all by itself gives you a wondrously healthy-looking radiance.

Discover the special secret of Oil of Olay and discover how to look your youngest day after day.

## Beauty Secret

- When you'd like your face to have a hint of tint, without the coverage you usually get with a foundation, blend a few drops of Oil of Olay<sup>®</sup> Beauty Fluid into makeup in the palm of your hand before applying. Sheer perfection!





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With new RAGU' Pizza Quick® Crust Mix and new Pizza Quick® Chunky Style sauces, it's simple to make perfect homemade pizza.

Pizza Quick Crust Mix has everything you need to easily make the trickiest part—the crust. Even a scoop to measure out the Mix for a crust that's thin and crispy or thick and chewy.

Just spoon on either new Chunky Style sauce—"The Works" or "The Big Combo"—complete with chunky toppings like peppers, mushrooms and tasty meats. Add fresh cheese, and bake.

In minutes you'll have hot homemade pizza with taste you can't get from a freezer, or a boxed pizza kit.

New Pizza Quick Crust Mix, in your store's boxed pizza section. And new Pizza Quick Chunky Style sauces, in the RAGU' Sauce section.

The Ragu' pizza. No matter how you slice it, you'll get perfect homemade pizza, simple as pie.

**New Ragu' Pizza Quick Crust Mix and new Chunky Style sauces.**









had to be seen in the right places, have the right press agents, be photographed with the right companion on their arms. And there used to be blunders that could turn them into has-beens quicker than you can say Eddie Fisher: If she had a baby out of wedlock or he got caught with somebody else's wife—they were finished.

But not today. Today's young stars can be as indiscreet as they like, and all they get is more space in the gossip columns. And when they're "hot," they don't climb the ladders so much as they shoot up like rockets. (And often come down as quickly as you can say Farrah Fawcett.)

Nowadays, it seems tougher to find performers with real staying power—that special something that makes the difference between a blond bombshell and a Marilyn Monroe, or a good-looking guy and a Gable.

To help forecast tomorrow's superstars, we've pulled together a group that is certainly "in the running." Naturally, we've left out the performers who are already there—like Newman, Reynolds and Streep—and gone down a step to personalities who work regularly but are not in the million-dollars-a-picture category.

As star handicappers we may not exactly be Jimmy the Greek, but our first choices for the winner's circle are Morgan Fairchild of TV's *Flamingo Road*, and Tom Selleck of *Magnum, P.I.* Why? In Morgan's case we think it's time once again for a good-bad blonde. Remember, blondes who have made it big in movies since the beginning of the silver screen—like Jean Harlow, Mae West and Marilyn Monroe—are usually more naughty than nice. And Morgan, who plays Miss Manipulative on *Flamingo Road*, is certainly in this tradition.

Why Tom Selleck? Well, the joke going around Hollywood right now will help you understand: Female accident victim—is she alive or dead? Paramedic holds up a photograph of Tom Selleck. Victim doesn't move. Paramedic shakes his head sadly. "It's all over," he says.

But there's more to stardom than good looks. The men and women we've chosen know what it takes to succeed.

## THE MALE ODDS-ON FAVORITE Tom Selleck

If ever there was a sure thing, he's it. Short of getting up in public and telling us he's a woman-hater (he isn't, he isn't), Tom Selleck simply can do no wrong.

He has it all—spread over a six-foot four-inch frame: the body, the cleft, square chin, the moustache for

not muscle-bound—build. He's strong yet sensitive, macho yet gentle.

There's a definite outdoorsman quality to this heartthrob, yet you know he'd be just as terrific in front of a log fire with a glass of wine. . . .

When Mae West—probably as good a judge of the finer aspects of the male species as there's ever been—first cast her eyes on a very callow Cary Grant she said, "If that guy can talk, I want him."

When those roving eyes, decades later, fixed on a then unknown Tom Selleck, she said it again.

Long before the rest of us learned to love his looks and old-fashioned star dazzle, Mae personally picked him as one of her devoted swains in the best-forgotten movie *Myra Breckinridge*. And she couldn't stop talking about him from then on.

"It really was a bit embarrassing," Tom told us on the long-distance radio phone from Hawaii, where he was working on his *Magnum, P.I.* series. "Thanks to Mae, I got an enormous amount of publicity on the film—but when it came out I had all of thirty seconds on the screen."

But it's quality not quantity that counts, and the signs of Selleck's impact were evident long before. When he was the Chaz man for Revlon, in tuxedo and Stetson, fans stole his cardboard images from stores more quickly than they could be replaced.

### Source of embarrassment

Women all over the country, tired of the androgynous appeal of the recent crop of male celebrities, are hailing the arrival of the first truly masculine hunk to show up in a very long time. All of which produces considerable embarrassment in Selleck.

"I don't consciously do anything to produce whatever effect I have on women," he insists, which is a bit like saying the Taj Mahal at sunset is not trying to be romantic. "I try to work in a reasonably human way. I don't want to come across as strong and masculine at the expense of vulnerability and sensitivity."

"Any gratuitous exploitation of my body is out," he says. And while he's not the only guy in Hollywood to lie about his height, he's surely the only one to lie by saying he's *shorter* than he really is. Selleck is six foot four, trying to pass for six foot three.

Genuinely modest, he's quick to deflect sex-symbol talk with a nicely self-deprecating put-down.

"I try not to take it too seriously. I make faces in front of a camera for a living and I'm happy doing it. It's very easy when people are enjoying what you do . . . but it all could change in six months."

## Morgan Fairchild

This china doll of a woman, whose mane of hair is sun-streaked flaxen and whose eyes are periwinkle blue, is so petite, perfect and downright sexy that she makes moral men dream of illicit weekends in Acapulco.

All of which tends to make producers, impressed by the sum of her very attractive parts, dismiss the whole when it comes to serious stardom. But Morgan plans to be around longer than Constance Weldon Carlyle in NBC's *Flamingo Road*, and a lot longer than last year's blonde Suzanne Somers, or the one before her.

In her plan to make it to the top and stay there while the other flash-in-the-pan blondes let their roots grow out and their statistics become considerably less vital, Morgan says she has a few things going for her.

First, she explained, reclining on an antique sofa in her sunny living room near the UCLA campus, "I've got a solid background in the theater. I've been acting since I was ten. Second, my IQ is not real low. I really am not going to make too many mistakes."

Five foot four and as fragile as blown glass, Fairchild should be playing damsels in distress. But since she first discovered that bitches get all the good lines, Morgan has been happy to play the chic, rich, over-polished, under-principled lady of the manor.

"It's a certain kind of look I've had to deal with all my life," she says, in tones that make it clear she's not about to swap that style for a wider range of parts. But it's not without its disadvantages.

"When I walk into a room, that look makes people assume I must be stuck on myself that no one is good enough for me. A lot of people want to say rotten things to me without even knowing me. So I hold my head even a little higher and I have a stare that passes for icy daggers when mainly what it is, is dying inside."

The look, she says, has lost her a many parts as it has won, and was an occasional drawback in her climb up the ladder.

"The late sixties and early seventies," she explains, "was the era of 'real' people. Pretty people weren't supposed to have problems. No one could identify with them. Even without makeup they told me I was too pretty, too rich looking, too together. I wanted to make a Western. They told me I looked too fragile for the West despite the fact that I could ride ring around most of them. I lost out on a great mini-series about a girl from the wrong side of the tracks who worked her way up on her looks alone. They cast a brunette because they said with my nose and my bone (continued)



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## SUPERSTAR SWEEPSTAKES

*continued*

structure no one would believe I knew where the wrong side of the tracks was."

However, this winter she opened in her first major movie, *The Seduction*, co-starring Michael Sarrazin and Andrew Stevens. And she's convinced that this is only the beginning. In this era of the new conservatism, the Reagan White House and what many people call a return to elegance, Morgan says her time has come.

"I'm not a blue jeans and T-shirt type. I'm not a hippie. I don't like slovenliness. People are crediting me with bringing glamour back. If that's true, I couldn't be happier."

### THE RUNNERS-UP

#### Harrison Ford

*Raiders of the Lost Ark* Ford, a modern-day Humphrey Bogart type, is the kind of man you just *have* to love.

Only problem with Ford is he doesn't want to be a star. "I don't want the responsibility or the obligation," he told us. "I ain't interested."

Should we take him at his word?

#### William Hurt

The body heat generated by Hurt practically ignited the celluloid in the film of the same name.

*Newsweek* wrote about his "blond, brutal, WASP good looks," and he can play everything from preppies to plumbers. Up close he has a tiny little crescent-shaped scar on his left cheek to keep things interesting—like Redford's moles. Big and square and solid, with a cleft chin and a great pair of shoulders, he looks the reliable sort.

"You're not too smart are you?" says Kathleen Turner's character to Hurt in *Body Heat*. "I like that in a man."

It takes smarts to play dumb. Hurt has them.

#### Gregory Harrison

Dr. "Gonzo" Gates in TV's *Trapper John, M.D.* is a genuine southern California surfer, born and raised on Catalina Island, where he dived for tourist pennies off his father's boat and developed his wonderful shoulders from all that swimming. He looks best just-showered and shirtless.

His new pin-up poster—bare chest, jeans and a white doctor's coat—could go a long way toward revitalizing the image of the medical profession.

#### Tony Geary

This dynamo of daytime TV starts pulses racing weekday afternoons when he turns on his streetwise charm as *General Hospital's* Luke Spencer. While the young upstart, Luke, has helped to make *General Hospital* the

highest-rated show in the history of daytime TV (fourteen million viewers tune in every day), it's Tony Geary (his hair, by the way, is naturally straight) who brings charisma to the role. A man of extremes (you might find him hitchhiking in blue jeans one day and dining with Liz Taylor in a four-star restaurant the next), Geary is the kind of man who presents a challenge. "Marriage is not for me," he says—and yet he receives a hundred love letters a day, from housewives and Radcliffe preppies alike!

#### Jessica Lange

As an actress, she's got a lot to learn (witness: *The Postman Always Rings Twice*, *King Kong*), but anyone who can catch ballet dancer Mikhail Baryshnikov must be on her toes!

There's an earthy, peasant quality about her that makes her an all-American Sophia Loren.

She's currently sinking her teeth into the biggest dramatic role of her career as Frances Farmer, the tragic actress who ended up in a mental hospital. It could make the difference.

#### Mary Steenburgen

Last seen in *Ragtime* and *Melvin and Howard*, this relative newcomer is nothing short of a "good ole girl."

Judy Holliday, country-style, with a kind of chipmunk, comfortable sexiness, she's the nice girl you bring home to Mom. (British actor Malcolm McDowell did just that after he met her in *Time After Time*.)

#### Sigourney Weaver

Last seen as the TV reporter opposite William Hurt in *Eyewitness*, she's a 1980s Katharine Hepburn with the same kind of breeding and bones, and sensuality to spare.

She has the background of a Meryl Streep—private school, Stanford University and Yale Drama School connections—stage training and plenty of quality TV experience.

Sigourney (she took the name from a character in *The Great Gatsby*) is very sophisticated and may not be the type to generate great heat in the American heartland.

#### Nastassia Kinski

The baby of the bunch, not that it matters. Any 21-year-old who has the heads of Roman Polanski, Marcello Mastroianni and director Milos Forman already dangling from her belt doesn't have much to learn.

What with the picture spread in *Vogue* that showed her dressed only in a large snake, the leading role in *Tess* and a gorgeous part in Francis Coppola's fantasy, *One From the Heart*, Kinski could become the biggest international star in the bunch.



What makes a star?

We gave our list to some people who should know, and asked them to evaluate the "runners" and give us their choices. The judges were: Producer Renee Valente (*Blind Ambition*, *Loving Couples*, *Valley of the Dolls* 1981), who is a former casting director for Columbia Pictures; casting director Marvin Paige, who now works on *General Hospital* and has been casting in Hollywood for over twenty years; and Daniel Eastman, a Hollywood makeup and beauty maestro.

#### Renee Valente's star forecast:

**Tom Selleck** is a man who's found his time. He's the new Clark Gable.

**William Hurt**—the public picked him. He's going to do very well in anything he does. He could be the new Nick Nolte.

**Gregory Harrison** will move on up—I really think so.

**Sigourney Weaver**—I just adore her. She's a major talent.

**Mary Steenburgen**—the kind of girl people identify with. She has enormous appeal.

**Nastassia Kinski**—we need to see her in more roles before we can tell.

#### Marvin Paige's star forecast:

**Tony Geary**—with his five-days-a-week following, he's likely to become a star.

**Tom Selleck**—he has just total charisma. He can't fail.

The women, according to Paige, are a sad bunch. There aren't too many Turners and Lamarrs in there.

**Nastassia Kinski** may make it. She's got a Bergman-like quality, but it depends on how her career is handled.

**Sigourney Weaver** has a very sensual side. Perhaps she'll catch.

#### Daniel Eastman's star forecast:

Number one: **Nastassia Kinski**, definitely the winner—a young, classic beauty with a peaches-and-cream complexion. On my image scale she's a brilliant 9.5 (I never give a 10).

Next is **Mary Steenburgen**. She has the wholesome look, very cute and peppy, truly the girl next door. In her ease simplicity is beauty and that smile will open many doors. On the image scale—a delicious 8.

The men: To win, **Harrison Ford**. He has a very adventurous look—a real all-American swashbuckling hero, with enough charisma to win him an Oscar one of these days—an 8.5 on my image scale.

Do you agree? Write us at Superstar Sweepstakes, LHJ, 641 Lexington Ave., New York, N.Y. 10022, and let us know who your favorites are; we'll do a follow-up report. **End**

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# Getting the Most Out of Your Vacation

May begins the peak vacation season of the year. Our money expert offers some timely advice on how to stay within your budget—and still have a holiday to write home about.

## TIMING YOUR VACATION

Timing is at the very core of saving money on your vacation, both in the U.S. and abroad. Even those with children in school can take advantage of seasonal variations in rates. Now and during the summer, for example, you can find off-season rates at many winter vacation spots—and a ski resort makes a cool summer retreat.

The expensive high season in the Caribbean runs from mid-December to mid-March. In Europe, it's more or less the reverse: High season begins with June and runs to (in some cases, through) September. A short "shoulder season" with intermediate prices sits between high and low seasons.

## AIR FARES, PACKAGE PLANS

The deregulation of air fares in the late 1970s initiated an era of rapid changes in commercial aviation. New fares constantly become available, so it's essential to check fares up to the last minute before traveling.

Another major way to save is by buying a vacation "package." Many hotels in resort areas advertise special rates for a stay of a weekend or a week, often with airline or railroad transportation included.

If you're planning a tour, you'll also want to consider a package on the un-escorted standard-itinerary tours (sold by tour operators and through travel agents). Included in the low price will be your air ticket, hotel and certain sight-seeing expeditions. You pay only for meals—and you decide how you'll spend most of your time.

## WHAT A TRAVEL AGENT CAN DO FOR YOU

If you're an amateur traveler (and most of us are), a good travel agent can be a real vacation-saver. He or she will be able to sort out the often bewildering varieties of air travel, will know about special events and will have rates and schedules for all types

of accommodations and transportation.

These are some of the specific things most travel agents can do:

- Advise you on all aspects of travel abroad: passports and visas, immunizations, U.S. and foreign customs.

- Sign you up for almost any kind of group tour and steer you to vacation packages and off-season deals.

- Make almost any kind of reservation for you (hotel, motel, car rental, plane, train, etc.) or buy any kind of ticket (theater, ballet, bullfight, etc.).

- Sell you travelers checks; counsel you on changing money abroad.

- Advise you on tipping customs, weather, clothing needs, etc.

- Sell you cancellation insurance in case you have to cancel the trip because of illness or death in the family.

- Tailor a trip or tour to fit your tastes, your interests, your budget.

The cost of a travel agent's services? Frequently, you pay nothing at all. The airlines, hotels, railroads, etc., pay the bulk of the agent's costs in the form of commissions. However, a travel agent may charge for some extra services (special telegrams, reticketing, etc.) and for designing a custom-made tour abroad. Be sure to ask.

Here are a few tips to help you find a good travel agent:

- Ask for recommendations from friends who are frequent travelers.

- Visit the agency. How thorough and personal is the agent's interview?

- Remember that the size of a travel agency is not necessarily an indication of the quality of its services.

- Discuss your budget and travel tastes; does the agent seem interested in keeping to your budget?

## CHARTER TOURS

If you intend to travel on a charter tour overseas, ask before you book:

- Who is the tour operator and what is his or her reputation?

- What options are available if the tour is canceled at the last minute?

- Is the tour operator bonded?

- What are your cancellation privileges; what refunds can you expect?

- What class of hotels has been booked? The European and American classifications often differ, so check your hotel in a travel agent's copy of the *Official Hotel and Resort Guide*.

- What does the package include? What is extra? Check on such services as transfers, admissions, meals.

If you do have problems on a tour and can't solve them with the operator or agent, write to the American Society of Travel Agents, 711 Fifth Avenue, New York, N.Y. 10022.

## SMART TRAVEL TIPS

- If you plan to shop abroad or in the duty-free shops, get these pamphlets from U.S. Customs, P.O. Box 7118 Washington, D.C. 20044: *Know Before You Go* and *U.S. Customs Pocket Hint for Returning U.S. Residents*.

- Pack what you'd need for an overnight stay in your carry-on luggage.

- Never carry money, credit cards or other valuables in checked luggage.

- Check whether your place of employment or your husband's offers discounts on hotels, car rentals, etc.

- Register foreign-made goods (cameras, etc.) with U.S. Customs before leaving—or you may have to pay duty on them when you return.

- If you're making your own hotel reservations, call (800) 555-1212 to see if the hotel has a toll-free number.

- Visiting a city on your vacation? Don't spend all your time (and money) in taxis; get public transportation schedules and street maps before you go. (The Chamber of Commerce of any city should be able to help you.)

- If you plan to take your credit cards, check your credit limit and the card's expiration date before you go.

- Make a budget for the kids' spending money, too. You'll save money—and you won't have to hear "Can I have it, Mom?" every five minutes. **En**





"Yeah, I used your special fly. No!...it's bigger than that! Must be the granddaddy of that one Harry got last year. I'd say it's about...well, let's just say it's lucky we all like fish."

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**E**mbroider a round of posies in old-fashioned hues—soft pink, blue and deeper rose, *above*. An offer from Chart Guild, this open-canvas needlework kit (\$29.95) comes complete with 14" diameter canvas, 6-strand embroidery floss and detailed instructions. Screened floral design gets worked on canvas with long-stitch (#8272). For information on ordering both kits, plus postage and handling, see page 7.



to one behaves rationally all the time and sometimes even the most commonplace event can spark an upsetting reaction. In this special section, Dr. Theodore Isaac Rubin, M.D., a well-known psychiatrist, answers your most intimate questions about your emotions and explains . . .

## Why you feel that way

# YOUR MIND

# YOUR BODY

## How it heals itself

The cure for cancer, arthritis, even old age, may very well lie within ourselves. The key is the immune system—that marvelously efficient natural bodyguard. Find out how scientists are learning to use the body's own miraculous machinery to help us stay healthy and youthful. By David Nimmons

**Q** My life seems to be going well—I have a wonderful husband and child and am studying part-time to finish my degree. Lately, though, I've noticed that I don't ever seem to have *fun* anymore. The activities I used to enjoy—movies, dinner with friends, going camping—always end up disappointing me. What's the matter with me?

**A** Though you say your life is going well, it's still possible that many of your current activities don't really mean that much to you. A lot of us try hard to convince ourselves we should be happy just because we're doing what *other* people say will make us happy, but the pursuits that satisfy others don't always fulfill our own needs. Your emotional dissatisfaction could be a signal that it's time to reexamine your current goals. Do they really match your values?

Keep in mind that it's perfectly normal for (continued next page)

## A SPECIAL LHJ GUIDE

## to emotional and physical well-being

**W**e may marvel at the complexity of a computer, without even realizing what incredible "machinery" is within us. The human body's immunological system, which protects us from illness, usually works so efficiently, so automatically, that we tend to take it for granted. While we concern ourselves with life's little problems—what to eat for dinner, what to wear—our bodies are fighting to keep us healthy by warding off potentially deadly microorganisms that swarm on everything we eat, drink and touch.

Scientists' growing knowledge of the immune system and how it works has led to such discoveries as vaccines for measles and polio. In the next few years, research in the field of immunology may enable doctors to win other important medical battles, such as identifying cancer cells before they do any damage, or helping us stay younger longer. (continued on page 36)



tastes to change; perhaps you're just bored with the usual grind. You don't have to keep on doing the same old things simply because you *used* to enjoy them. Take the risk of starting up a project you never dared try before, and see if that kind of change in routine provides you with the lift you need.

Also consider whether perfectionism might be interfering with your pleasure. When people become too preoccupied with measuring up to an unrealistic standard, they begin to view recreation as time stolen from the pursuit of loftier goals. These guilty feelings inhibit enjoyment of pastimes that offer nothing more than entertainment. Perfectionists must remind themselves that pleasure is a worthy goal in itself.

Then, too, it could be that you've fallen into an emotional pattern fairly common in our fast-paced society, expecting life constantly to be highly exciting. Such people—who are, in effect, excitement addicts—demand greater and greater "highs" from every diversion, building up expectations so exorbitant that they're bound to be disappointed. Excitement addicts must reframe their thinking so that they recognize an activity can be worth doing even if it doesn't produce a peak experience.

Finally, a consistent inability to feel pleasure may signal the onset of a clinical depression—which may cover up internal conflicts you're afraid to face. A qualified therapist can determine if your symptoms reflect such a problem and help you to tackle the underlying source.

Q Though I act perfectly capable at work and with my husband and children, whenever I get together with my parents and siblings, I start to feel like a child again. I bristle at my father's advice, fight with my mother even if I secretly agree with her, burst into tears at a careless comment from my older sister. Why do I act like this?

A Your reaction is not unusual for people who are burdened with "unfinished business" left over from childhood—problems such as unresolved sibling rivalry, a craving for unconditional love, or feelings of inadequacy and powerlessness. Hanging onto these conflicts sometimes signals unconscious resistance to growing up, a wish to avoid ultimate responsibility for your decisions and actions. Part of you may

secretly long to return to that sheltered, protected state of the helpless child—sibling rivalry and feelings of powerlessness notwithstanding. The presence of your family brings this conflict closer to the surface, producing anger and anxiety.

It's also possible that you haven't yet forgiven family members for failing to live up to the image you held of them when you were young. It's painful for a young person to discover that her parents and older siblings aren't godlike figures with unlimited power to "make everything all right," but human beings with insecurities of their own. Accepting this fact can be one of the most difficult steps in growth. Only if you're willing to grapple with these issues, will you be able to relate to your family as the adult you are.

Q I've just started letting my nine-year-old son walk to school—which is a half mile away from our suburban home—by himself. Even though he's a careful child and there's a guard at the busiest road crossing he has to make, I can't stop worrying about his safety. Is it normal to fret this much?

A It's perfectly normal for a mother to worry about her children's welfare. Just make sure this natural concern doesn't make you overprotective. Your son sounds perfectly capable of walking alone to school, and you're right to allow him that freedom.

"Letting go" is never easy, and striking the proper balance between overpermissiveness and excessive concern is one of the most challenging tasks a parent faces. Obviously, lack of prudence endangers a child's safety, but too much restriction stifles the natural curiosity that's necessary for healthy growth. Overprotected children tend to grow up *too* cautious. They learn to view themselves as fragile and vulnerable, and lack confidence in their ability to deal with life's risks and challenges.

It's tempting to see our offspring as extensions of ourselves, and when children start to break away, we feel as though we're losing a precious and vulnerable part of our own being. Our feelings foreshadow the "empty-nest" syndrome that's marked by fears of abandonment and the pain of loss. Parents need to have some interests apart from their children, so that as the youngsters pursue their

own paths, their parents can continue to live full lives.

No matter how much we worry or what we do, we can't guarantee our children a world free of danger. Accepting the fact that the environment will never be completely controllable is part of our own maturity. If we've brought up our kids with plenty of love and encouragement, we'll at least have provided them with *inner* security—and that's the very best kind of insurance anyone can offer.

Q I've always been stubborn—even when I know I'm being unreasonable, I never want to back down. People tell me I should be more flexible, but I grew up assuming that being stubborn is necessary for success. What's your opinion?

A Many people confuse stubbornness with self-assertion or strength of conviction. Chronic stubbornness, however, often masks underlying feelings of vulnerability and the fear of appearing weak if you alter your position. Stubbornness is usually not an effective tactic; a "give 'em an inch and they'll take a mile" attitude can strain both personal and professional relationships.

The next time you find yourself insisting that something be done "your way," ask yourself what you have to lose by being more flexible. Seeking the best solution to a problem—even if it's not *your* solution—is usually a very successful approach. You may find that you can channel the energy you've been expending being stubborn into far more worthwhile pursuits.

Q When I'm angry, I try to calm down before I say anything. Given time, most problems work themselves out and I think talking about every single issue only escalates minor disagreements into major arguments. My husband, however, is of the "get it all out in the open" school of thinking. If he's angry, he says so in no uncertain terms, even if it means hurting my feelings—which it often does. How can we better deal with our differences?

A Always suppressing anger can be a way to "escalate minor disagreements" into psychosomatic symptoms, anxiety attacks, depression, sexual malfunction and the blocking of most other emotions besides anger—including loving feelings. There's a big difference, however, between displeasure ex-



# I never get anywhere on time. How can I break my 'always late' habit?"

## your MIND

pressed in a constructive way, where partners are specific about their grievances and avoid vindictive tirades—and the vengeful, destructive rage you seem to fear.

Your anxiety about anger could stem from having grown up in a home where venting fury meant throwing dishes or taking "cheap shots" at another person's emotional weak spots. Or, you have so many buried resentments that you fear once the floodgates are opened, you won't be able to control your anger.

Anger, however, doesn't have to destroy. In fact, it can lead to the healthy ventilation of emotions so necessary for real communication. Try pointing out to your husband that his frankness often hurts your feelings. Suggest that he try a gentler approach when he expresses his annoyance. For instance, he could say, "When you stay late at the office and don't call home, I really get worried," instead of "How could you be so stupid and insensitive?"

On your part, try saying so when you're upset, rather than bottling up your anger. Describe the specific incident that bothered you and how you felt. Disagreements arise in any relationship; you'll find that discussing these differences and working out compromises can help you to become closer. Ignoring such conflicts only drives two people further apart.

Q Though my husband and I are reasonably open with one another, I've always been more comfortable sharing my most profound thoughts and feelings with my women friends. Is something lacking in my marriage?

A Many women grow up sharing their innermost thoughts with their girlfriends. Usually, close friendships with other women continue to be a very valuable and rewarding part of life at any age. But some women tell their female friends things they "couldn't possibly" tell their husbands because they fear the men wouldn't understand or would treat their revelations with callousness or amusement.

Remember that sensitivity to people's feelings is a human, not a feminine or masculine characteristic. You may not be giving your husband sufficient credit for being receptive to you. Most people—men and women alike—appreciate the expression of feelings, especially warm, deeply emotional ones. They often respond

with warmth and understanding. This way mutual closeness grows.

Try confiding in your husband more than you have in the past and see how he reacts. You may discover the true satisfaction of intimacy derived from open sharing of thoughts and feelings. But if communicating with him continues to prove difficult, you might want to explore the problem further—perhaps with the help of a marriage counselor.

Q Every time I'm criticized, I crumble. This hurts my performance at work and keeps me high-strung at home. How can I learn to be less sensitive?

A No one likes being criticized, and overly sensitive people often react with hurt feelings. Their own self-doubts lead them to suspect they really *deserve* the critical remarks aimed their way. They respond to any criticism as if it were an attack on their worth as a person.

You need to step back and look at each situation objectively. If the person criticizing you is someone whose opinion you respect and the criticism seems justified, you will probably want to modify your behavior accordingly. But if someone is just trying to get you upset by being unreasonably critical, you shouldn't let their comments faze you. Remember, there is a world of difference between constructive criticism and deliberately wounding remarks.

Q I never manage to get anywhere on time. I know it drives my friends and family crazy. What can I do to break my "always late" habit?

A For some people, the answer is simply to schedule more time to get to appointments—perhaps setting the clock ahead five minutes to allow extra leeway. More often than not, however, chronic lateness unconsciously stems from one or more of the following factors, which you need to understand before you can expect to change your habits.

• *Lack of awareness of human limitations.* Some people believe they can do more in a given period of time than is actually possible. Although they are repeatedly late, they can't seem to modify their superhuman expectations of themselves.

• *Poor self-esteem.* These people feel it really doesn't matter whether they are on time because their presence is of so little importance any-

way. They get into patterns that reinforce their poor self-image. Their constant tardiness causes people to respond to them with annoyance, which further deflates their already low opinion of themselves.

• *Means of manipulation.* People can use lateness as a way of controlling other people. Keeping someone else waiting is an unconscious way of saying, "I'm in control and there's nothing you can do about it."

• *Rebelling against authority.* Some people unconsciously view appointments as symbols of authority and being on time as surrendering to coercion. They feel the need to arrive late as an act of self-assertion.

• *Repressed anger.* For people who harbor hidden resentments, being late is a chance to "get even," to frustrate people who have frustrated them. Lateness is the equivalent of a temper tantrum.

■ *Testing others.* Lateness is used childishly to see how much aggravation others will take. In effect, these people are saying, "If you love me, you will tolerate my lateness."

Q Six months ago, I lent a friend fifty dollars, which she promised to pay back by the end of the month. I've mentioned the loan several times since then, but each time she's become angry and accused me of not trusting her. I value her friendship and am afraid to raise the issue again. How should I handle the situation?

A You need to recognize that this woman is subjecting you to a form of emotional blackmail by implying that if you insist on the return of what's rightfully yours, you're not a real friend. Your timidity about bringing up the subject shows her ploy is working.

Don't be apologetic when you request the return of your loan. You'll have to hold out firmly against her accusations without losing your temper—emotionalism puts you on the defensive and makes you more vulnerable to manipulation. Explain calmly that asking for what's yours has nothing to do with your faith in her; it's your right to do what you wish with your own property.

I suspect that your friend's concern with how much you trust her is a projection of her own lack of faith in other people, as well as in herself. From the way she's reneged on her agreement with you, it sounds as though she really *doesn't* warrant



much trust. For your part, your need for approval is making you an easy victim. Your friends won't like you a bit more for letting them take advantage of you—in fact, you're more apt to lose their respect. Remember: A friendship that isn't strong enough to bear honest confrontation is a friendship you don't need.

**Q** When I was nine, I was sexually molested by my uncle. Now, at 28, I'm engaged to someone I love, but I have no desire for a sexual relationship. He knows about the childhood incident and has suggested I see a psychiatrist, but I'm hoping that with time my problem will disappear. Can a marriage work in spite of a sexual block?

**A** Probably not. Your fiancé is wise in encouraging you to get professional help; a burden that's troubled you this long isn't likely to go away by itself.

As shattering as your childhood experience must have been, I suspect there's more to your plight than one incident. Your lack of interest in sex may have to do with fears of emotional intimacy as well as the sexual act itself, and such conflicts can result from a variety of experiences, not just explicitly sexual ones. I do not mean to minimize the trauma that incest victims suffer, but rather to point out the complexity of a disorder that may be too much for you to handle alone.

Your fiancé has indicated that this area of your life together is important to him. It's just as important to your own well-being, and I urge you to seek the aid of a psychotherapist who can help you identify and deal with the source of your problem. True, the prospect of facing long-buried feelings can be frightening, but with the support of a compassionate counselor, it need not be overwhelming. The effort is well worthwhile.

**Q** I'd like some advice on dealing with a critical mother-in-law. She treats every visit as an opportunity to find fault with my housekeeping, child rearing and relationship with my husband. I don't want to insult her and cause a family rift, but I'm ready to blow up. What should I say to her?

**A** Understanding why this woman acts the way she does can help you view the situation more objectively. Most hypercritical people are tremendously insecure,

and it's possible that your mother-in-law feels threatened by you. When a man marries, his mother is confronted with the fact that she's no longer the most important woman in his life, and this realization can be difficult to accept. Your mother-in-law's comments, therefore, may be her way of staying involved, of convincing herself that she still plays a crucial role in her son's world.

Without becoming accusatory or defensive, set clear limits, and be prepared to uphold them. Explain to her, kindly but firmly, that though you understand and appreciate her wanting the best for her son—as you do—it's vital that she acknowledge your competence as well as your need for privacy. Because the conflict has so much to do with your husband's relationship with his mother, discuss the issue with him and see if the two of you can come up with some ways to make your mother-in-law feel valued. There are undoubtedly some areas in which her experience and expertise could be of real help to you. You might be surprised at how her compulsive need to criticize disappears when you start seeking her opinion on specific matters.

**Q** My brother passed away suddenly several years ago. Now, at family gatherings, all of us carefully avoid mentioning his name, even though we miss him terribly—I think we're afraid to stir up any more grief. Yet, for me, this silence just makes things worse, and I wonder whether talking about him might help us all to bear the loss. What do you think?

**A** Your instincts are right: "Stirring up the grief" is actually the best way to get rid of it. The therapeutic value of open expression of feelings can't be overemphasized. Suppressing thoughts about a lost loved one only aggravates and sustains heartache; unexpressed sorrow eats a person away inside and keeps the bereaved from providing one another with emotional support when it's needed most.

Raising such an emotional subject may be painful at first, but not nearly as painful as the isolation that takes its place. You don't want to force the issue; gentle encouragement is the most compassionate approach. Why not start on a one-to-one basis, sharing treasured memories of your brother with a family member to whom you're especially

close? It takes courage to broach such a sensitive topic, but you'll probably find that once the initial discomfort is past, others will be grateful to you for breaking the ice and relieved at having the chance to air their own memories.

**Q** My husband often teases our four- and eight-year-old children until they cry. When I object, he insists he's only joking and that I'm overreacting. I've told the kids to try to ignore him, but that advice doesn't seem to help. Why does their father persist, and is there anything else I can do?

**A** Adults who habitually tease children may do so for several reasons. If a man is embarrassed to show affection, badgering can be a less threatening means of making contact. Males often relate to each other this way when expression of genuine emotion is taboo. In addition, this type of "competitive" relating, much like physical competition, can be a way of releasing tension or letting off steam. Unfortunately, although adults usually understand the harmless intent behind such friction and can fight back verbally with self-esteem intact, children tend to perceive the attack as a real threat, may feel helpless to defend themselves and can be deeply hurt.

Sometimes, too, teasing masks hostility. For instance, a father might secretly resent the responsibility that children represent, perceive offspring as usurpers of his place as the center of attention in the household, or be jealous of children for having their whole lives ahead of them at the very time he, at mid-life, is giving up certain cherished goals of his own. It's not necessarily the children who are the real targets of his animosity, however. He may be acting out on them anger he's afraid to vent on someone else—his own parents, for example, if they baited him when he was young. His needling could also be a projection of self-hatred. Characteristics in his children might remind a father of traits he despises in himself, and he hurts the youngsters as he'd unconsciously like to cause himself pain.

In extreme cases, people who feel ineffective or emotionally numb may torment others in an attempt to get a sense of power. By choosing weaker victims, they insure that they won't suffer reciprocal treatment.

If you suspect your husband's mo-



**"My friend is such a flirt. Why does she act that way?"**

tives are relatively harmless, sit down with him and thoroughly talk out your concerns, pointing out firmly that when teasing brings tears, it ceases to be a joke. If discussion doesn't bring about a change, or if the underlying problem may be more severe, then seek the aid of a third party, someone you both respect. You definitely should not ignore the matter, and telling the children to ignore it only adds to their pain by implying the problem doesn't exist. A child who's continually exposed to verbal attack from a loved one, like a youngster who experiences physical abuse, may develop depression, a sense of powerlessness and suspicion that leads to serious adjustment problems later on. It's important that you protect the children by intervening in whatever way you can.

**Q** I realize there's nothing wrong with a little harmless flirting, but a friend of mine takes this philosophy to an extreme—she wears revealing clothes, makes suggestive comments and otherwise "comes on" to men sexually, though she has no intention of following through. She seems to be happy with her style, but she stares she gets embarrassed *me*. Why is she such a show-off?

**A** Your friend probably suffers from low self-esteem, and craves an inordinate amount of attention to compensate for this lack. Many people who talk and dress in a highly sexual way believe deep down that nothing else about them is attractive. Her flirting might also be a form of manipulation; sparking and then rejecting someone's sexual interest is a kind of power play, another way insecure people attempt to overcome feelings of inadequacy. Then, too, "coming on strong" and then withdrawing is sometimes an expression of unconscious hostility toward the opposite sex.

Ironically, your friend may well feel quite uncomfortable with her own sexuality, despite her "showing off." Most "exhibitionists" are actually attempting to dissipate sexual feelings without having to risk rejection themselves. Her attitude may stem from an overly strict upbringing, against which she's now rebelling in much the same way an adolescent would. By proving that she can "get away with" activity that was

forbidden her as a teenager, she could be trying to convince herself that she's no longer at the mercy of her parents' rules. Yet people who are genuinely secure in their sexuality don't need to flaunt that side of themselves.

Unless this woman is aware of her motives and feels a strong need to change, there's little chance of her altering her style, and you'll just have to tolerate that part of her character if you want to enjoy the time you spend with her. In fact, by accepting her as she is, you'll be doing her a favor by helping to boost her self-esteem. (You might also make a point of praising her for non-sexual traits.) Perhaps eventually your friend will gain enough confidence to develop other aspects of herself besides the physical, grow out of the need for constant approval and attention, and be able to enjoy mature sexuality.

**Q** I don't approve of the boy my ten-year-old son has been playing with recently. This child is smart-mouthed and nasty, but my son admires him and is starting to pick up some of the boy's obnoxious expressions. Should I try to keep these kids apart?

**A** The boys' aggressive behavior may be just a passing phase; it's possible they'll get tired of being unpleasant without any intervention on your part. Then again, this may be the start of a behavior pattern that you'd be wise to try to stop before it becomes too ingrained.

Some boys consider it "macho" to be as irritating as possible to all adults and authority figures. Your son may be following his friend's example because he wants to fit in with what he perceives as the "in" crowd, not because he really enjoys acting disagreeable.

Be careful not to "lay down the law" too strictly, but make it clear that certain behavior is off limits in your house—and that these rules apply to guests as well. Be firm—not furious—when your son is obnoxious. For kids, half the fun of acting out behavior is getting their parents angry and frazzled. If your son finds he can't get you upset, he may revert back to his normally pleasant self.

**Q** My mother died four years ago, and my father has just become engaged to a lovely woman. I *should* be happy for him,

but I'm not. I'm very upset about his remarriage. How can I make myself get over it?

**A** It's not at all uncommon for a daughter to become very protective of her widowed father. She may even unconsciously try to fill her mother's role by taking over much of the shopping and house-keeping and generally looking after his domestic needs. Then, when the father decides to remarry, the daughter feels threatened and resentful. Even if she genuinely likes the new woman, she may feel her father is abandoning his feelings for her mother by trying to "replace" her.

You need to realize that no one can replace the role your mother played in your father's life—least of all you. Undoubtedly, your father continues to cherish memories of your mother. In fact, his desire to marry again is a tribute to the success and happiness of his first marriage.

Remember that the father-daughter relationship you share will continue to be meaningful to you both after he has remarried. As a daughter, it is your obligation to graciously welcome his new wife into the family and to fully support your father's efforts to rebuild his life.

**Q** A close friend of mine is very unhappy. I've been willing to listen to her gripes for quite a while, but after six months it's the same story over and over. Each time I talk to her, I become depressed. How can I be supportive without getting dragged down, too?

**A** Unhappy people tend to wear out themselves and those who listen to them by telling—and retelling—their tales of woe. Certainly, an attentive and caring friend can be a comfort. But when a person is feeling down for months on end, he or she may be seriously depressed. Depression is more than a passing phase; it is a serious illness that requires professional treatment.

Suggest that your friend consult a therapist who can help her understand the reasons she is unhappy and then work out solutions to her problems. Once she is receiving professional help, you might want to dilute your contacts with her for a while. When you *do* see her, try to steer the conversation to other subjects. Depressed people are often very self-centered and need constant reminders that there is a world beyond their own troubled sphere.

**End**



*But the potential for solving medical mysteries is not the only reason for learning how our immune system works. Knowledge of this remarkable process can give us a better understanding of our bodies, and make us less fearful when things go wrong.*

*For example, did you know that fever is not necessarily a bad sign, but rather a signal that your body has begun its defense against invading bacteria or viruses? Or that swollen "glands" are often an indication that your body's defenders are doing their job? Learning what these symptoms mean is not only helpful—but also gives a fascinating glimpse into the machinery and the miracle of life.*

## WHAT HAPPENS WHEN YOU CUT YOURSELF?

A pain stabbed Karen's hand as she dug in the garden. Looking down, she saw the tip of a sharp stone in the dirt and a drop of blood on her finger. But she wasn't alarmed. After heading to the kitchen to wash and put an adhesive bandage on her hand, she went back to her gardening. "It's only a scratch," she thought. "It will heal itself."

Karen, like all of us, assumes that simple cuts and scrapes will automatically heal. And they usually will. But the process is far from a simple one.

The immune system, the means by which the body heals itself, is an intricate system of organs, which identifies, tracks down and destroys foreign microorganisms before they can, quite literally, destroy us. Without this protective system, we would be like those unfortunate children who live in sterile, plastic bubbles, shielded from stray germs because their immune systems aren't strong enough to fight off the most common bacteria.

Even as Karen was walking to the kitchen, for instance, the body's complicated work had begun. No sooner had the stone pierced her skin than platelets in her blood gathered at the sight of the wound, forming a clot that stopped the bleeding. Lymphocytes, a type of white blood cell, began to attack any foreign organisms that had entered her body . . . from tetanus bacteria to less virulent germs found in garden soil. These invaders don't have to enter through a cut. We can breathe them, eat and drink them, and some just burrow into the skin. In Karen's case, the open wound allowed them free entry into her body. By meeting the invading microorganisms, the lymphocytes created the slight redness, tenderness and swelling Karen felt in her finger. But rather than convey alarm, such inflammation signals that the body's defenders are doing their job.

Besides the lymphocytes (those all-important blood cells), the components of the immune system include the spleen, the thymus and bone marrow, where lymphocytes are produced. There is also a network of tubes and lymph nodes (commonly, but incorrectly, known as glands) that transports these defenders around the body.

## RECOGNIZING FRIEND AND FOE

To carry out its tasks, the immune system relies on its most amazing capacity: recognition. It is able to distinguish what should be in our bodies from what shouldn't. It attacks harmful microorganisms, yet it allows our healthy cells and the bacteria that are beneficial to us to survive. Perhaps the immune system's most amazing paradox is that in a woman's body it seems to know that one special invader, the sperm cell, must be permitted safe passage if the human species is to continue.

How can the immune system perform these feats? Like a computer, lymphocytes are programmed; they recognize

**Fever isn't always a bad sign—  
it signals that the body has  
begun fighting viruses or bacteria.**

and fight just one specific invader (antigen). For example, some lymphocytes recognize only cholera bacteria, others respond solely to the virus that causes polio.

There are about a million different codes programmed in our trillion lymphocytes, more than enough to ensure that the body's immune patrolmen will recognize any invader they encounter, from common ragweed pollen to the most exotic parasite.

Interestingly, the immune cells are absolutely democratic. They meet every threat—whether a rare virus or a common splinter—in the same way. In fact, they spend most of their time on commonplace maintenance: the blister, the insect bite and the cut finger like Karen's.

## WHAT HAPPENS WHEN YOU GET THE FLU?

When a flu virus enters the body, it hijacks a healthy cell and uses some of the cell's material to make copies of itself. Eventually, the cell becomes so full of viruses that it bursts, and the viruses are let loose in the body to hijack other healthy cells and continue reproducing. Finally, there are so many viruses in the body that the immune troops sound the alarm, and we get the familiar symptoms of flu. If the immune cells have met this virus before, the battle may be quick and we feel only a touch of the flu. If not, or if we are weakened by stress, old age or disease, we may suffer a more serious attack.

When Karen's husband, Bob, was sick with the flu, his body was wracked with chills and aches. On the first night of his illness, his fever climbed to 102°, the lymph nodes in his neck were swollen and his head throbbed. These symptoms are a sign of illness, but they are also the sign that a battle within is being waged.

## WHY FEVER IS A GOOD SIGN

For example, Bob's fever was his body's "red alert" that it was being attacked. At first, his immune cells had ignored the flu virus, but when the germs multiplied, the immune cells swung into action. They dispatched chemical messengers to the body's thermostat, the hypothalamus, which maintains our temperature by controlling muscle action, sweating and blood flow. When the hypothalamus learned that invaders were in the body's territory, it commanded the body to warm itself up by shaking its muscles (this shaking is what we refer to as "the chills"). Fever seems to make the body's natural disease-fighting mechanism work even better.

Bob took two aspirin to reduce his temperature—a mistake, some doctors now believe. All the aspirin really did was to reset his body's thermostat. By thwarting the body's natural healing process, the aspirin may actually have slowed Bob's healing while relieving his symptoms.

## HOW OUR IMMUNE SYSTEM FIGHTS BACK

Meanwhile, immune cells began to attack the virus by attaching themselves to the invaders. Each immune patrolman recognizes its archenemy by means of infinitesimal receptors. When the cell meets an invader matching its own specific pattern, it slots into it like a key into a lock. During the course of Bob's illness, millions of these immune cells were produced, and they began spewing forth copies of the one specific protein—the antibody—that recognizes the particular flu virus that had attacked Bob. The antibodies were released into the bloodstream, where they homed in on the invading viruses and disabled them. At this point, Bob began to feel his "glands" swelling, because they were teeming with



## A new test may soon detect cancer cells hidden in your body years before a tumor grows.

the immune cells and antibody ammunition produced to fight the body's war. When Bob's lymph nodes finally shrank back to normal size, it was proof that the immune armies had met the challenge and were reducing their ranks. That's why our "glands" are one of the first things a doctor checks when we are sick. Swollen lymph nodes reveal a body at war.

Similarly, many of the other symptoms we associate with being sick—the spots of measles, the crusty scabs of chickenpox, for example—are actually caused by our body's immune system making us well again. By the time they are visible, we know that the battle inside is already being won by our immune cells. This is also why diseases are contagious well before we see any symptoms—the invaders have multiplied in the body but have not yet been destroyed.

### THE BODY'S AMAZING MEMORY

Bob's flu passed in a couple of days, but his immune cells ended up wiser for their battle. Etched in their genes are the battle plans for fighting this particular virus. When they meet it again, they will know exactly how to deal with it, so their second response will be much faster and more powerful than their first.

With diseases like German measles, immune cells have a long memory. Bob's cells will remember the German measles virus they met thirty years ago when he was a child, and will protect him from this virus until he dies. That's why we become ill from certain diseases only once.

### HOW DO VACCINES WORK?

Vaccines exploit the immune system's memory. For instance, when we get a polio vaccination, the doctor actually administers a very mild dose of polio—not enough to make us sick, but enough for our immune cells to learn how to fight it. The slight aches, fever and malaise that can follow some injections occur when our immune system starts fighting the weakened dose of invaders. Should the real disease ever come along, it will be met with a vigorous, rapid—and devastating—response, the mark of an experienced immune system.

### WHAT HAPPENS WHEN THE SYSTEM BREAKS DOWN?

Serious problems can occur when the system is either too vigilant—attacking the organs that it would normally protect—or lazy. Scientists now believe that many diseases are caused by auto-immune responses—by immune cells attacking the body's own organs. For example, it is theorized that multiple sclerosis is caused by immune cells mistakenly attacking brain and nerve tissue; myasthenia gravis occurs when immune cells invade the heart and muscles; pernicious anemia when the lymphocytes converge on parts of the digestive tract. It's also thought that auto-immune diseases can affect other organs, such as the liver, creating cirrhosis, or the joint linings, bringing rheumatoid arthritis.

Why would the body turn on itself? There seem to be several reasons. Sometimes an invader so resembles a healthy body cell that the immune system mistakenly attacks both. At other times a virus alters healthy cells just enough so that immune cells can no longer recognize them. Whatever the cause, the immune system is equally efficient whether directed against the body's own tissues or at invaders, and the results can debilitate and kill.

One especially devastating example of the immune system run amok is systemic lupus erythematosus.

Primarily a young women's disease, lupus strikes one in seven hundred women, usually during childbearing years. The disease seems to be due to a failure of the immune system to turn itself off. The resulting surfeit of invaders and antibodies in the blood wreaks havoc throughout the body. The skin erupts in a rash, fever develops, joints throb and lungs become inflamed. Eventually, the tiny filtering tubes of the kidney can become blocked by this excess of immune material, and death can result from blood poisoning.

But not all auto-immune disorders are that serious. Doctors believe that canker sores, for instance, occur when our body launches an assault on the mucous membranes of the mouth. (They do not know yet why women are more prone to canker sores than are men, nor why the sores often occur at menstruation.)

### WHAT CAUSES ALLERGIES

Allergic reactions are also examples of an overactive immune system. In this case, immune cells are programmed to recognize particles that are not really harmful to the body . . . and they begin to wage a needless war. The exact symptoms, of course, depend on where the war takes place. In the digestive tract, the result can be vomiting and diarrhea; in the lungs, asthma. Allergic responses in the nasal passages bring hay fever; skin allergies show up as rashes, itching, swelling and redness. No matter where, once the irritation begins, it takes some time to quiet down and return to normal.

To speed the process, doctors recommend anti-histamines, drugs that halt this unnecessary immune reaction. Another strategy is to gradually accustom the body to the invader (the allergen) with a series of allergy shots, so that it eventually stops fighting.

But overactive lymphocytes aren't the only problem; slothful ones are dangerous, too. Immunodeficient diseases are usually seen in children, for the simple and sobering reason that children who cannot defend themselves against germs cannot live to adulthood.

### CANCER CELLS AND THE BODY'S DEFENSES

Many immunologists believe that cancer is linked to a weakened immune system. Some experts maintain that our bodies produce cancer cells daily, just as they produce healthy new cells. For the great majority of us, our bodies dispatch these abnormal cells quietly and efficiently. But if the immune system becomes weakened—by drugs, stress, sickness or old age, for example—cancer cells are more likely to slip by our bodies' defenses and start multiplying. When the cells reproduce to the point that they interfere with normal body functions, then we have cancer. Many experts believe the "cure" for cancer lies in strengthening the immune system, rather than destroying the growth (and possibly other parts of the body) with chemotherapy.

### HOW DOES MEDICINE HELP?

Of course, if our bodies' defense system worked perfectly all the time, we wouldn't need drugs. But sometimes the body's protective response is unable to fight off an attacker. Much of the progress of modern medicine has been made by finding drugs—like the antibiotic creams used on cuts and scrapes, or the antibiotic capsules a doctor prescribes for an ear infection—that supplement the body's immune system.

Other drugs, such as steroids like cortisone, actually



One of the most powerful treatments for a variety of diseases may not be a drug but your own mind power.

suppress the immune system. Doctors prescribe these drugs when they want to stop an immune response. Cortisone creams are used for allergic skin rashes, and high doses of cortisone are used to prevent rejection after an organ transplant or skin graft. But using these drugs can be risky, because when the body's defenses are suppressed, they can no longer fight off deadly invaders. Transplant recipients, for example, risk dying of infection because their bodies are too weak to fight back.

## WHAT ABOUT THE FUTURE?

Immunology is one of the most promising and exciting fields of medicine today. Here is some of the amazing new research in this area that may soon lead to improved diagnosis and treatment.

### CANCER

Some day, the immune system may provide us with our most potent weapon against malignancy. Soon, your annual physical may include a test that will pinpoint cancer cells hidden in your body years before a tumor grows large enough to be noticed. This test, a million times more sensitive than any we now have, will use the body's own cancer-recognizing immune cells to track down cancer cells before they multiply dangerously.

Once diagnosed, cancer may be cured by an injection that doctors are calling a "magic bullet." Right now, we are on the road to discovering treatments that will help the body's own immune cells destroy specific kinds of cancer cells. Such targeted immunotherapy would be much safer, surer and cheaper than present-day methods, and could eliminate the dangerous side effects of radiation and chemotherapy as well.

Although doctors have not yet been able to isolate a specific antibody to cancer cells, researchers know that some patients do produce antibodies to their tumors. Says Dr. Anthony Albino, an immunobiologist at New York's Memorial Sloan-Kettering Cancer Center, "We're pretty sure they're there. It's just a matter of time."

### DRUG OVERDOSES

Immunology also provides a new way of treating drug overdoses. If a man takes an overdose of digitalis, a heart-regulating drug, a physician can now inject a specially selected antibody that will bind with that drug. This allows doctors to sponge up the drug in the bloodstream before absorption by the tissues.

The treatment has already been used to save seventeen patients at Massachusetts General Hospital, and if researchers can design the antibody keys, the same idea may be applied to save victims of many kinds of drug overdose and even household poisons. "The method has great potential," believes Dr. Edgar Haber, chief of cardiology at Massachusetts General Hospital. "We may see this available for general use in three or four years."

### HEART ATTACK

Immune cells also may be utilized in the future to signal heart problems, or to determine the extent of heart damage. The hospital scene might be something like this. A 50-year-old woman is brought in after suffering a massive heart attack. Doctors quickly work to stabilize her condition, then give her an injection. In a few minutes the image of her damaged heart appears on a TV screen, and from that, the doctors learn exactly what kind of treatment will be needed.

Of course, this scene hasn't happened yet, but it may occur soon because of research being done by Dr. Ban An Khaw and colleagues at Harvard Medical School.

They have found that when heart muscle cells die, they release a chemical called myosin. By gauging how much myosin is in the heart region, doctors can assess how much heart muscle has died. Researchers are trying to measure the amount of the chemical by using an antibody that binds only to myosin. The procedure has had good results on dogs, and is now being tested in clinical trials to help human heart attack victims.

### THE METHUSELAN VACCINE

You still may not live to be as old as Methuselah (he was 969 years old when he died), but it's possible that other advances in immunology may help all of us to live longer. Says Dr. Roy Walford, an immunologist at the UCLA School of Medicine: "I rather confidently expect a significant advance in maximum life span potential to be achieved during this century."

We age, in part, because our immune system wears out. At its peak during puberty, it declines to ten percent of that efficiency in old age. The diseases that many of us will get as we age—cancer, maturity-onset diabetes, arthritis, senility and vascular disease—are in some way the results of a weary immune system. Research has shown that older animals' immune responses can be rejuvenated by injecting them with younger animals' immune cells, or with certain chemicals that enhance normal cell repair. If there were some way to do the same for humans, we might live longer, healthier lives.

That's what Walford and his colleagues are trying to do. Already, they have identified one tiny part of our genes that controls how well cells repair themselves, which in turn determines aging. Significant work on longevity shouldn't be too far away. "One might be able to develop a vaccine to stimulate cell repair that would have a significant effect on life span—perhaps even within the next decade," Walford says.

### MIND POWER

One of the most powerful treatments for a variety of diseases may not be a drug at all, but your own mind power, according to experiments by Howard Hall, psychologist at the Pennsylvania State University. Hall has shown that test subjects can significantly raise the number of immune cells in their blood through hypnotic suggestion. "The people who responded well were able to raise their white blood cell count by about eighteen percent," Hall says. "Ours is the first study to show that people can raise their immune cell levels through hypnosis."

Nobody yet understands how the mind influences the body in this way, but the finding is intriguing. If we can boost our immune response by increasing the number of immune cells at will, it may open new doors to treating cancer, allergies, rheumatoid arthritis and other disorders involving the immune system. It is possible that a course of hypnotic treatments may become as central an element in disease treatment as drugs and radiation.

Hall is optimistic about the prospects, and is now conducting studies in what he calls the psychology of healing, working with cancer patients to determine whether they can improve their condition through hypnosis. "It may really be a matter of mind over biochemistry," Hall says. "And that opens up all sorts of exciting possibilities."

End





## M is for . . .

Abraham Lincoln thought that his mother was an angel; Judy Garland termed hers a witch. And that only hints at the diversity of opinion on the subject. In whatever way they are judged by their famous, not-so-famous and infamous offspring, mothers hardly ever fit the apple-pie stereotype. But they *always* have an impact. Here's what some well-known sons and daughters have said about their mothers:

**Thomas A. Edison:** "My mother was the making of me. She was so true and so sure of me, I felt that I had someone to live for—someone I must not disappoint. The memory of my mother will always be a blessing to me."

**Katharine Hepburn:** "Mother was a brilliant speaker, out to raise the position of women, yet she was beautiful and very feminine. . . . She was not superior to me. Let's put it that I was inferior to her."

**Gypsy Rose Lee:** "Mother, in a feminine way, was ruthless. She was, in her own words, a jungle mother,

and she knew too well that in a jungle it doesn't pay to be too nice."

**John Quincy Adams:** "All that I am, my mother made me."

**Anne Frank:** "Mummy herself has told us that she looked upon us more as her friends than her daughters. Now, that is all very fine, but still, a friend can't take a mother's place. I need my mother as an example which I can follow; I want to be able to respect her."

**Beverly Sills:** "My mother made all of her children feel that any dream was possible, that there was never any question but that we would achieve what we wanted."

**Harriet Beecher Stowe:** "My mother was less than her mother, and I am less than my mother."

Then there was Heywood Broun, the author and widely read newspaper columnist, who shed more general—if somewhat cynical—light on the subject. "Mother love can be at times a destructive thing," he once wrote. "But I don't know that children, the little nuisances, deserve anything better."

—KATHERINE BARRETT

## Modern Manners



*When seated at a banquet table, which is my salad; which is my roll?*

No matter how crowded the table, your salad plate and bread and butter plate are always to the left of your dinner plate. Only glasses are placed on the right. If there are three glasses, the left one is for white wine, the middle one is for red wine and the outside glass is your water goblet.

*How should I reimburse a friend for a long-distance call I make at her home?*  
As far as I am concerned, there is no excuse for using a friend's phone to make a long-distance call—no matter how inexpensive. Always ask permission before

you use someone else's phone; if the call you are making is not local, explain that you will have it charged to your home phone. And that any call you make on someone else's phone should be kept short.

*I'm a divorced mother of two who recently remarried. I have always been very fond of my ex's parents. Is it proper for me to invite them to dinner?*

The parents of your ex-husband are still your children's grandparents, and it is certainly proper for you to maintain a relationship with them. Do not invite them to dinner, however, unless you feel very certain that all involved—you, your husband, your former in-laws and your children—will feel comfortable being together. You may find it easier to visit your ex's parents when your husband is not present. In that case, why not take them and your children out to lunch? Or perhaps you and your children would feel more comfortable visiting their house?

—CHARLOTTE FORT

## For More Pay

**W**ant to increase your take-home pay, but don't see a raise in sight? The Internal Revenue Service has just added six new items for your consideration when figuring how many withholding exemptions to claim on your W-4 form.

- Deductions for contributions to Individual Retirement Accounts. All employees can now contribute up to \$2,000 a year.

- A deduction to ease the "marriage penalty," which taxes two-earner married couples more heavily than if they were single. Starting this year, such couples can claim a maximum deduction of \$1,500; next year, it rises to \$3,000.

- Certain deductions for employee business expenses, such as unreimbursed travel and entertainment costs.

- A deduction for certain moving and relocation expenses you incur when you uproot the family because of a job change.

- Estimated net losses from your own business, from securities trading, from rental property you own or from the family farm.

- The tax savings you get by using "income averaging," a technique that cuts taxes on a big increase in income by treating it as if it were received over several years instead of in a lump sum.

The changes are long overdue. Previously, only large itemized deductions and certain tax credits could be taken into account when figuring withholding allowances in addition to the personal exemptions everyone could claim for herself and any dependents.

The result was that many people over-withheld. In effect, they were lending the Government millions of dollars a year, interest-free.

The new rules are an attempt to match your weekly withholding to the actual amount of tax you will owe at filing time. Instead of getting a refund April 15, you'll get a bit more in your pay each week.

To change your withholding, you must obtain a new W-4 form from the IRS or your company personnel department. Figure carefully, and do it yearly. Each additional allowance you claim means that about \$20 less of each week's wages will be subject to withholding. That doesn't mean your take-home pay will increase by \$20; the actual increase will depend on your tax bracket. —DEBORAH RANKIN



Do the bedtime stories you read to your children end up putting you to sleep? If so, it may be time to restock your shelves with books to keep youngsters—and their parents—interested. Here's a selection:

**Beginner Books for Young Children:** *Goodnight Moon* by Margaret Wise Brown; *Where the Wild Things Are* by Maurice Sendak; *Curious George* by H. A. Rey; Mother Goose and folk tales such as Rumpelstiltskin and The Three Bears.

**Books for Older Children:** *Tales of a Fourth Grade Nothing* by Judy Blume; *From the Mixed-Up Files of Mrs. Basil E. Frankweiler* by E. L. Konigsburg; *The Chronicles of Narnia* by C. S. Lewis; *The Island of the Blue Dolphin* by Scott O'Dell; *Fat Men from Space* by D. Manus Pinkwater.

**Classics for Everyone:** *Little Women* by Louisa May Alcott; *The Secret Garden* by Frances Hodgson Burnett; *Alice in Wonderland* by Lewis Carroll; *The Black Stallion* by Walter Farley; *Treasure Island* by Robert Louis Stevenson.

**Short Stories And Poems** *Grimm's Fairy Tales*; *A Child's Garden of Verses* by Robert Louis Stevenson; *Custard and Company* by Ogden Nash.

Of course, there are hundreds of other good books, too. For help in choosing them, ask your local librarian to show you the Child Study Association's annual list of recommended books. You also can subscribe to a new nonprofit quarterly called "Parent's Choice," \$10/year (Box 185 Waban, Mass. 02168).

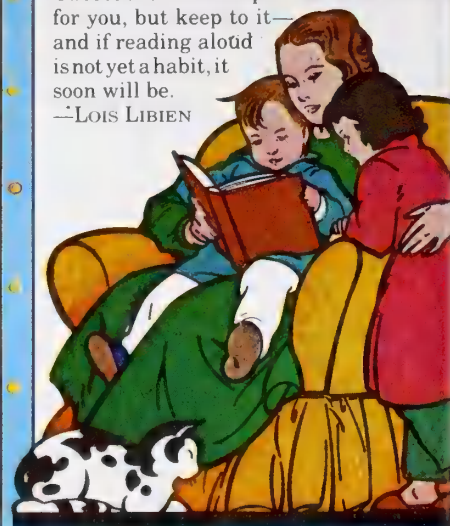
Here are some further tips to make the experience more meaningful:

- Let pictures form in your mind as you read aloud. This transmits the meaning of a story better than any dramatic reading technique you could develop.

- Limit reading sessions to five to fifteen minutes for beginners; extend to an hour or more for seasoned readers and listeners.

- Keep to a schedule as much as possible. Choose the time and place that works best for you, but keep to it—and if reading aloud is not yet a habit, it soon will be.

—LOIS LIBIEN



## Movie Manners

Can't anything be done about movie audiences? I mean *besides* beating them with a stick? Think back: You walked into the mysterious darkness of a theater, anticipating the magic of the silver screen. Audiences in communal silence were transported into the wonder of the movie. No more. Now the theater is a rude and noisy place. Candy wrappers crackle and rip, the chomps of popcorn cringe our ears. Some people stealthily undo their Raisinettes s-l-o-w-l-y, as if that were quieter. It's not. It's only louder, longer. A latecomer gropes into the theater. "Hey, HARRY! Where are you?" A screen-blocking figure bolts up, waving. Everybody sees him *except* Miss Harry-hollerer; she's still light-to-dark blind. And the talk! Two women in front of me are retelling what we all have just seen. Behind

me, a man is complaining about his boss to his girl friend who can't hear him through the grinding of her Jordan almonds. Oh, for the day when we'll have quiet candy, silent cellophane, popcorn that doesn't crunch. Away with people who chatter through movies, children who race up and down the aisles and the slobs in the seats. You back into your seat: It's covered with old popcorn and gum wrappers. Your shoes squish through sticky soda on the floor. And save us from folks who bring along their dinner, inevitably pastrami sandwiches redolent with garlic pickles or large anchovy pizzas. Why are movie audiences so ill-mannered? (A) They suspect they are going to see a stinker; (B) they are irritated by the fortune they've just deposited at the box office to get in; (C) they think they are at home, watching TV.

I wish they were. —GENE SHALIT



## Moths Aren't the Only Villains

If you've ever found little holes eaten through your wool blankets, sweaters and good winter suits, you're probably stuffing mothballs into your storage trunks right now.

But mothballs don't always keep those pesky winged creatures away. The reason? Not all those wool-eaters are moths. Carpet beetles and related pests do just as much damage to anything that contains wool or animal fiber. And they thrive on naphthalene—which is what old-fashioned mothballs are made of!

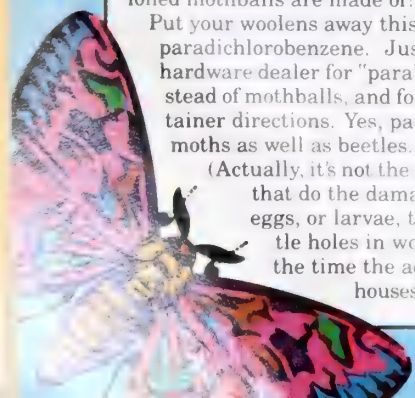
Put your woolens away this spring with paradichlorobenzene. Just ask your hardware dealer for "para" crystals instead of mothballs, and follow the container directions. Yes, para will deter moths as well as beetles.

(Actually, it's not the adult insects that do the damage. It's their eggs, or larvae, that chew little holes in woolens. Now's the time the adults fly into houses to lay eggs.)

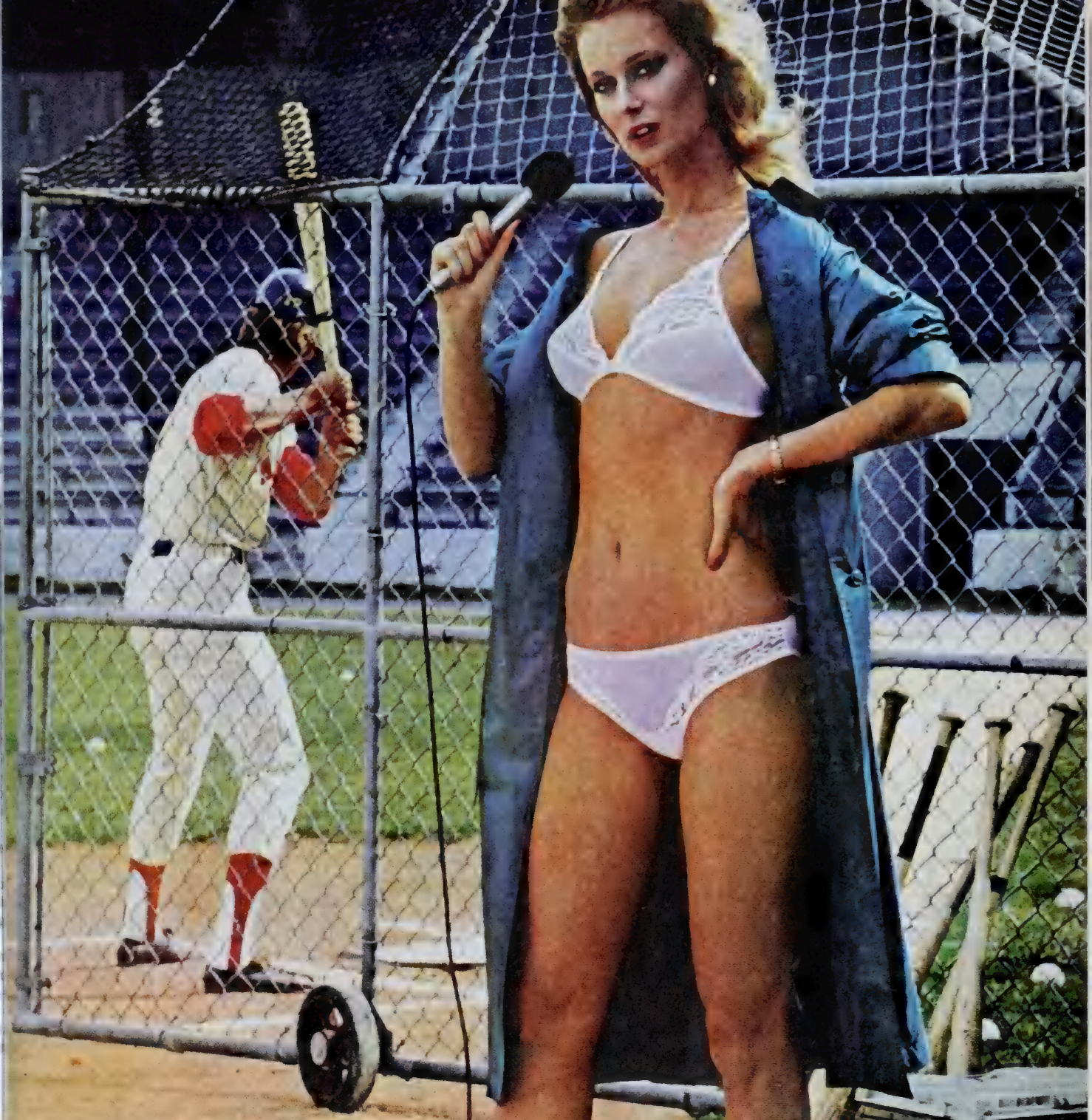
If you haven't yet been bothered by moths or carpet beetles, don't be smug. It may only be because your sweaters and blankets are made of synthetic fibers. Just bring around a wool handknit sweater and see what happens to it.

The best protection is prevention. Vacuum rugs, draperies, woolen upholstery coverings, etc., regularly and thoroughly. Vacuum closets at least once a year, preferably now. Be sure woolens are cleaned before putting them away.

Para works best when it's placed with the woolens in a closed container such as a trunk, a sealed cardboard box or a seasonally used closet. The vapors emitted are heavier than air, so the chemicals should be put atop the clothing in a box or trunk, or in a shallow container, or on a shelf in a closet, or suspended from a clothes rod in a thin cloth bag or a perforated container. Don't spread the nuggets loosely. And to prevent any damage from the chemicals, don't let them touch plastic belts, buttons or decorations on the clothing.







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## Growing fresh herbs, indoors or out, takes special know-how. Some are easy, some less so. Here's what you need to know for the top ten.

By Virginie F. and George A. Elbert

Anyone who loves to cook loves the special flavor of fresh herbs (see "The Art of Cooking with Herbs," page 98.) And growing them yourself is entirely possible, though some require more expertise and patience than others. Some do well indoors, some only grow well outdoors, some do well in both situations. The tips that follow are based on starting all from seed. To save time, however, we recommend, if you have a reliable plant nursery, that you buy plants already started. Herbs are arranged here in the general order of easiest to most difficult.

### PARSLEY

(Petroselinum Crispum)

Many types of parsley have been developed, and seed can be bought everywhere that garden seeds are sold.

*Indoors.* It is possible to grow parsley indoors if you plant several carefully placed seeds to an 8- to 10-inch pot and can provide cool, sunny conditions. If you wish, the pot can be planted in the garden outdoors during the summer, where it will grow better. Because of the long tap root, transplanting is very difficult.

*Outdoors.* Using seed tape or a generous amount of seed, plant outdoors in shallow drills after all threat of frost is past. Germination is slow and uneven, but if you have a sufficient number of seedlings you can thin them out and come up with a solid row. It takes 70 to 90 days for the plants to reach maturity, but the leaves can still be cut during most of the winter. After the plants have leafed out

well, some heaping of soil around the base makes the heads more compact and upright.

### DILL

(Anethum Graveolens)

Dill is tall with few leaves if grown for seed, but much shorter and leafier when regularly trimmed for fresh use in cooking. For more leaves and shorter plants we recommend dill "Bouquet" of Park Seed Company.

*Indoors.* Grow dill Bouquet only for leaves. Follow suggestions below, but use small planters at least 3½ inches deep, and crowd the plants more.

*Outdoors.* Start plants indoors, if you wish, in March in pellet pots. Temperature minimum is 60°F., and you must provide some direct sun. Transplant seedlings or plant seed outdoors in early May and, thereafter, every few weeks until mid-July for maximum amount of leaves. Thin seedlings to 6 inches apart. Fertilize with a high-nitrate formula. If you do not wish to have seed, cut off the top of the central stem when it develops. But by leaving a few plants to flower and seed themselves in the garden you can have a spontaneous growth of new plants the following spring.

### BASIL

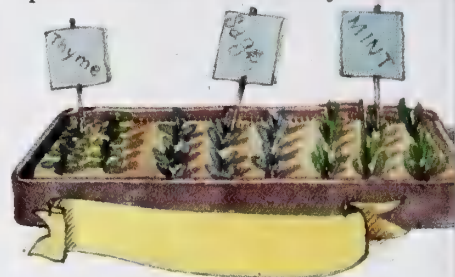
(Ocimum Basilicum)

*Indoors.* Plant one or two seeds of Bush or Minimum basil to each 3- to 4-inch pot at any time of year. In organic houseplant soil, set the seeds just below the surface or on the surface and cover with a thin layer of milled sphagnum moss, which prevents damp-off. Keep

moist in minimum 70°F. temperature and partial sunlight. Seeds germinate in a week. Fertilize lightly with every watering. The plants will do very well in normal home conditions.

*Outdoors.* To get a good head start, plant seeds indoors in flat instead of pots as with dill. When there are four real leaves, transplant outdoors. Lift by leaves, not stems, and plant, allowing inches on all sides.

Growth is rapid and it may be necessary to nip the tips of branches once or twice before setting outdoors. Transplant to prepared soil in a sunny location



allowing 15 inches between plants for the large-leaved Dark Opal and Lettuce basil and 10 inches for Bush and Minimum. Be sure to keep moist. Trim frequently for immediate use or for dried leaves. White flies, the principal pest indoors and out, can be controlled by frequent washings.

### ROSEMARY

(Rosmarinus Officinalis)

Rosemary is a tender evergreen perennial that makes an excellent houseplant. It can be placed outdoors only in summer. Because seeds are slow and difficult to start, we strongly advise buying plants, preferably ones that have already grown to a (continued)



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spread or height of one foot and possess a sturdy trunk. Many varieties with different shapes are available at herb nurseries.

Whether in or outdoors, plants that have passed the seedling state must be kept constantly moist. A single day of dryness will kill them. Fertilize once a month with a balanced formula. In summer, pots can be plunged into the garden, if you wish. In winter, place them in your sunniest window. These are very long-lived plants that grow large with time. When repotting, use an organic houseplant mix and add 2 tablespoons of crushed eggshell or 1 tablespoon of horticultural lime to each quart of mix. When clipping branch tips for use, you can shape plants into very decorative little trees.

## SAGE

(*Salvia Officinalis*)

There are many different sages: Some are grown for their decorative, pebbly leaves, while others are valued for their culinary use. Sage, as normally listed in vegetable seed catalogs, is a large-leaved, productive variety, with very aromatic, thickish leaves that, for practical purposes, are as good dried as fresh.

**Indoors.** The seeds are large enough to plant in individual pots or, well separated, in a trough or window box. Use a seed-starter mix and cover with a thin layer of milled sphagnum moss. Keep warm, moist and in good light. The seeds take about three weeks to germinate. These are large, sturdy plants, and must be moved to progressively bigger pots, taking great care not to disturb the roots. A mature plant will require a 6-inch pot. Fertilize with high-nitrate formula and grow in the best available light. Indoors, the plants do not go dormant in winter.

**Outdoors.** Start indoors in March and transplant to the garden after several days of hardening off. Keep 15 inches apart. It is advisable to mulch well in the fall for winter protection.

## SWEET MARJORAM

(*Origanum Majorana*)

Sweet marjoram is a tender perennial that can be overwintered in Florida but not in the North. As it requires steady 70°F. warmth for growth from seed, it is advisable to start the plants indoors. The seedlings are notoriously sensitive to damp-off, so plant in a sterile seed-starter mix and cover the seeds with a thin layer of milled sphagnum moss. Keep moist and warm in good light. Because the

seedlings are also very weak-stemmed, water from the bottom. Either grow in a trough indoors or put outside only after the nights become reliably warm. Thin to 4 or 5 inches apart and fertilize every two weeks with a balanced formula. In the North, where sweet marjoram makes a satisfactory houseplant, plants will grow better in pots. Start in the 3-inch size until they become well established. Once they have attained self-supporting stems, they can be moved very carefully to larger pots. Eventually the plants form clumps that can be separated.

## THYME

(*Thymus Praecox*)

Like so many common herbs, thyme covers a wide complex of plants. Naturalized wild thyme grows throughout the Northeast, but the leaves are too small to be of much use. The kind listed in the catalogs of seedsmen and herb nurseries is presumed to be identical with the commercial dried herb supplied for culinary use. But be warned that, at best, they are creeping, twiggy plants of which you will need a large number to satisfy the requirements of your herb cooking. In addition, they grow with excruciating slowness and must be established for a long time before they are sufficiently productive.

Plant seed in flats or seed-starter mix with a thin covering of coarse sand at a temperature of 50° to 60°F. Coolness is essential. Thin out the seedlings and allow to develop into strong plantlets before attempting to move them. Transplant to a permanent location with good drainage and partial sun, allowing 15 inches between. Provide protective cover for the first few weeks. In the fall some mulching is advisable, especially the first year. Patience is the principal requirement from then on. As an indoor plant, thyme can be considered only modestly satisfactory.

## TARRAGON

(*Astemisia Dracunculus* var. *Sativa*)

The much-esteemed French tarragon, with its delicious odor and flavor, does not set seed and must be bought as a plant or propagated by cuttings or division. Seeds listed in catalogs simply as tarragon are the Russian variety and of no value in the kitchen.

Most herb nurseries sell true French tarragon plants. These may be purchased any time in spring or summer and transplanted to the garden in full sun. Set 18 inches apart. Because cold winter dormancy is a necessity, the plants can be pot-grown indoors only

during summer. In the garden they should be cultivated frequently and kept free of weeds. Apply commercial fertilizer regularly. As they age, the centers of each clump tend to die, making it necessary to divide them while they are still vigorous. Division and replanting encourages good growth. The best time to do this is late spring or very early in the fall.



## SWEET BAY

(*Laurus Nobilis*)

Sweet bay is the true laurel, a strong, woody shrub that, with age, becomes a medium-sized tree. A single plant is enough to supply family need of the aromatic leaves. You can buy various sizes at nurseries. The shrub is hardy only in the South, and there requires a cool winter rest. In the North, you can grow bay in a pot, though it grows very slowly and must stay in a cool greenhouse or an enclosed, unheated sun porch in winter. Eventually it will require a large tub. Bay should be grown in a rich, peaty, acid soil with constant moisture.

## OREGANO

(*Origanum Vulgare*)

Herb nurseries and some mail-order seed companies sell plants or seeds, but our own experience is that the real thing is as difficult to grow indoors as out.

The recommended method of growing is in milled sphagnum moss packed in pots or flats and covered with plastic or glass. If maintained at a temperature of 60° to 70° F., germination takes place in a week. After thinning out, the plants should be kept moist and warm until the beginning of June. Then one must be careful to harden them off by subjecting them to full sun only part of the day for a week. At that time they can be planted outside 10 inches apart. To commercial fertilizer add some lime. Development is slow until the plants are well established. After that they will endure cold winters, provided they receive careful mulching in the late fall. Move indoors if you consider yourself a houseplant expert.

End



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# How America Lives

Women lead the way—in politics and plumbing. By Joyce Kuhl

## Before you call the plumber . . .



Ken Heinlen

**K**ay Keating is a Jill of many trades—plumbing, electrical wiring, carpentry, plastering—and she teaches them all to eager housewives, as well as many men, in Maryland's Montgomery and Prince Georges counties.

"I grew up surrounded by people who did things for themselves," she explains. "My father was an engineer and my mother just assumed that she could figure out how to fix things. I've been married for thirty-three years, and we did a lot of moving when we were first married. I had to deal with a lot of problems in a lot of houses where things hadn't been maintained."

After gaining all that practical experience repairing things in rented houses, a few years ago Mrs. Keating found herself back in the old Bethesda farmhouse where she grew up. "My son worked for the county Department of Recreation," she recalls, "and he told me they were looking for someone to teach crafts. Well, I had done that years before, but it didn't really interest me anymore. I told them that there was a need for housewives to learn how to cope with fixing things. Repairs can be very expensive."

Mrs. Keating started teaching a course called "Mini Maintenance for Ms." As word of her expertise spread, the course name changed to "Mr. and Ms.," and more groups asked for her services.

"I have such fun teaching," Mrs. Keating says. "The first thing I do is give everybody something called an academy plug. It's a little two-piece electrical plug that requires no tools to attach to a lamp cord. I show them how, then everybody does it, and then they are speechless. They can't believe they've just replaced an electrical plug! They thought you needed a degree to do that. It's incredible how easy repairs can be if you just try."

Almost three years ago, the local water commission asked Mrs. Keating to give a plumbing course under their sponsorship. Notices about the course went out with the water bills. Since then she has taught more than 3,000 men and women basic plumbing. "That's just what tools you need, how to drain pipes, how the toilet works and how to fix the three basic kinds of faucets," she explains. Her three-hour course costs \$4.75. "The best buy around," she laughs. "Now people are coming back and asking for a 'graduate level' plumbing course!"

Fixing things yourself not only saves money, Mrs. Keating points out, it also saves time. "It can take two days and two trips to the repair shop to have a lamp fixed, when you can often do it yourself in ten minutes."

Her friends generally don't ask her to make house calls, Mrs. Keating says. "Most of them are pretty good at these things themselves. They do come to borrow my tools a lot."

Mrs. Keating specializes in preventative maintenance and offers a few tips:

—Don't use your toilets for trash cans. Disposable doesn't mean in the "john." If you know that a toy, diaper, etc., is clogging the toilet, put your arm and hand into a large, heavy-duty plastic garbage bag and try to retrieve the object.

—Treat your toilet like the china bowl it is. It can and will break if abused.

—An electric hair dryer is an ideal defroster for frozen pipes. Open faucet first and start to defrost from the faucet back.

—Periodically remove the aerator from the faucet spout and clean the screens to keep faucet running free.

—Pouring boiling water down the drains helps prevent grease buildup on the inside walls of the pipes.

These are samples from a nine-page checklist of maintenance measures for plumbing systems and appliances that Mrs. Keating has composed. To order her list, send \$1 and a self-addressed stamped envelope to Fixitips, P.O. Box 30246, Bethesda, Md. 20814.

## Win with Women



As head of the National Women's Political Caucus, Kathy Wilson is currently urging the election of more women to state legislatures.

**K**athy Wilson is a wife, mother, feminist, Republican and chair of the National Women's Political Caucus. She grew up, went to school and began her career in Missouri where, in 1974, she recalls, "I was victim of discrimination. I was working in hotel sales and was asked to train two new men. Then I found out they were making more money than I was. That experience catapulted me into the women's movement. That's the way discrimination is," she reflects. "It happens to us, we know it's there. It doesn't happen, we think it's not there."

When she realized "it" was there, Kathy Wilson joined the National Women's Political Caucus. "That seemed to me to be the place to go," she says, "because I grew up in a family that talked about and cared about politics."

Five years ago, the Wilsons moved to the

(continued on page 7)



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A glimpse into American history—and the tastes of today! The Journal takes a look at a unique cookbook that honors the memory of our eleventh president, James K. Polk.



## COMMUNITY COOKBOOK



## FOOD FIT

## FOR A

## PRESIDENT

The best of Southern desserts on Sarah Polk's pianoforte: springy Angel Food Cake; easy Coconut Pound Cake with Buttermilk Icing; rich Lemon Chess Tarts.

Of all the cookbooks the *Journal* receives from all over this country, *The Polk Cookbook* is the first one dedicated to the greater glory of an American president. Since "Jimmy K." (as the womenfolk who run the James K. Polk Memorial Auxiliary fondly call him) hailed from the hamlet of Columbia, Tenn., this book is a treasure trove of Southern favorites (past and present).

In the Polk parlor: Tennessee Country Ham; Southern Green Beans (laced with molasses); Biscuits; Sweet Potato Casserole with pecans; Garlic Cheese Grits; Fire and Ice Tomatoes. Background: Auxiliary members sample Pomander Punch: hot cider, clove-studded oranges.

There are dozens of dishes that reflect the region's special way of cooking—skillet-fried chicken with cream gravy, custardy cornbread, Polk's sour pickles, a simple-to-make cake that's so rich it's been named "Million Dollar Pound Cake" and a famous dessert that Middle Tennessee claims to have originated, Lemon Chess pie, sweetness with a lemon-y bite.

Of course, no Southern cookbook worth its grits would be complete without a mention of the classic country ham. Pride of Maury County is their hay-wrapped smoked ham, which differs considerably from (continued)





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### FOOD FOR A PRESIDENT *continued*

the better-known Virginia or Smithfield variety. "Ours takes two years to cure, is less salty and more smoky tasting," explains Frances Rainey, president of the Polk Auxiliary. Beaten biscuits go with the thickly sliced ham, and as tradition has it, these cracker-like rounds are pounded "three hundred times for family, five hundred for guests." The old method was with a sturdy wooden instrument similar to a rolling pin. Nowadays, the biscuits can be effortlessly beaten with a heavy-duty mixer.

The book's 250 pages are peppered with historical anecdotes and wonder-

ful tidbits, such as the quaint instructions for Mrs. Polk's muffins, to "make up just before wanting." There's also a unique bonus of recipes from the eight most recent first ladies, including Mamie Eisenhower's luscious Pumpkin Chiffon Pie and a rather exotic dish, René's Gratin d'Epinards (a creamy baked spinach) from Jacqueline Kennedy Onassis.

All proceeds from sales of the cookbook go toward the loving restoration and repair of Polk's ancestral home. The Polk place, built in 1816 for his well-to-do pioneering parents, has been designated a national historic landmark. Although modest in size, once inside the stately white brick house, you are swept into another era.

Handsome and elegant with gracefully arched doorways, it's kept more like a private residence than a museum. Many of the Polk memorabilia are displayed in authentic room settings: from pieces of the White House china (Polk was the first to employ the presidential seal) to wife Sarah Polk's Inaugural fan and Paris-designed ball gown. A magnificently detailed map next door in Polk's sister's house (housing more artifacts and a gift shop) points to his major accomplishment as chief executive: expansion. During his four-year term (1845-1849), Polk steadfastly acquired the vast lands of California, Oregon and Texas, thus stretching this country from sea to shining sea.

The Polk Home is forty minutes south of Nashville, in the midst of a fertile valley that offers scenic vistas of burley tobacco fields, Tennessee walking horse farms and nearly fifty spectacular antebellum mansions. To get a first-hand taste of Tennessee, start by sampling the recipes here—or for a more fascinating journey into the fine food and hospitality of the region, order a copy of the Polk cookbook with the coupon on page 56. —LYS MARGOLIS



All pictured on page 48  
**ANGEL FOOD CAKE**

- 1¼ cups egg whites (about 14)
- 1¼ cups sifted cake flour
- 1¼ cups sugar
- 1½ teaspoons cream of tartar
- 1 teaspoon salt
- 1 teaspoon almond extract \*

Let egg whites warm at room temperature for 1 hour. Sift flour; then sift with ¾ cup sugar 3 times. Preheat oven to 375° F. At medium speed beat egg whites, cream of tartar and salt until soft peaks form. At high speed gradually add 1 cup sugar, ¼ cup at a time. Gently fold in flavoring. Sprinkle ¼ cup flour over whites; fold until all flour disappears. Add more flour and continue folding until all flour is used. Pour batter into a 10-inch tube pan. Cut through batter with knife to remove air bubbles. Bake on lowest rack in oven for 30 to 35 minutes until cake springs back when pressed lightly with finger. Makes 12 to 13 servings, about 175 calories per 12, 13 calories per 16.—Mrs. William F. Ridley

\*Ed. Note: We recommend decreasing amount of almond extract to ½ teaspoon. (continued)





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## FOOD FOR A PRESIDENT

*continued*

### COCONUT POUND CAKE

#### Cake

- 1 cup vegetable shortening
- 2 cups sugar
- 4 eggs
- 3 cups cake flour
- 2 teaspoons double-acting baking powder
- Dash salt
- 1 cup milk
- 1 cup flaked coconut
- 1 teaspoon vanilla extract

#### Buttermilk Icing

- 1 cup buttermilk
- ½ cup butter or margarine
- 2 cups sugar

**Cake:** Preheat oven to 350° F. Grease a 10-inch tube pan or 12-cup Bundt pan; set aside. In large mixer bowl cream shortening and sugar until light and fluffy. Add eggs, one at a time, beating well after each addition.

Combine flour, baking powder and salt. Add flour and milk alternately, beginning and ending with milk. Fold in coconut and vanilla. Spoon into prepared pan. Bake 1 hour or until cake tester inserted in center comes out clean. Remove to wire rack and cool in pan (10 minutes for tube pan and 20 minutes for Bundt pan). Remove from pan and cool completely on wire rack.

**Icing:** In heavy saucepan combine all ingredients. Cook over medium-low heat and *do not stir* while cooking to 234° to 240° F. on candy thermometer (or until mixture forms a soft ball when dropped in water). Let cool. Beat and spread immediately on cooled cake. Makes 16 servings, about 500 calories each.—*Mrs. Gary D. Kinser*



### LEMON CHESSE PIE

- 4 eggs
- 1½ cups sugar
- 1 tablespoon yellow cornmeal
- 1 tablespoon all-purpose flour
- ¼ cup heavy cream
- ¼ cup melted butter
- ¼ cup fresh lemon juice
- 1 tablespoon grated lemon peel
- 1 unbaked 9-inch pie shell or 8 unbaked tart shells
- Whipped cream and mint for garnish (optional)

Preheat oven to 350° F. Beat eggs until creamy. Thoroughly mix sugar, cornmeal and flour. Add to eggs. Slowly add cream, butter, lemon juice and peel and mix well. Pour into pie shell.

Bake 40 to 45 minutes for 9-inch pie and 20 to 25 minutes for tarts. Garnish with whipped cream and mint, if desired. Makes 8 servings, about 380 calories each.—*Mrs. Wendell Bennett*

### SLICK'S COUNTRY HAM

- 1 16-pound country ham
- ½ cup brown sugar
- ½ cup cracker crumbs
- 1 tablespoon allspice

Place ham in lard stand\* (or large stockpot or roasting pan). Cover with water and soak overnight. Pour water off. Scrub skin with brush. Return to pot and cover with fresh water. Bring to rolling boil; cover. Reduce heat to medium; cook 40 minutes. Cover and wrap pot and contents securely in newspapers and place in a clean wastebasket. (This insulates the ham, permitting it to continue cooking.) Next day peel off skin, place in open roasting pan and cover with brown sugar, cracker crumbs and allspice. Bake at 250° F. about 2 hours. Makes 16 servings, about 210 calories per 3-oz. serving.—*Mrs. Charles W. Jewell*

\*A lard stand is a deep, 5-gallon metal container.

### SOUTHERN GREEN BEANS

- 2 pounds tender string beans
- 3 to 4 ounces slab bacon or thick-sliced bacon (cured without smoke)
- 2 teaspoons salt
- Water
- 1 tablespoon molasses
- Black pepper to taste

Wash beans; remove tip ends and

strings; break into 2-inch lengths. Cut bacon into ¼-inch-thick slices and place in bottom of large, heavy pan. Sauté over medium heat until slices are clear but not brown. Add beans, salt and enough water to cover (about 2 to 4 cups). Bring to a boil over high heat; cover and reduce to medium-low heat. Cook 20 minutes. Stir in molasses; cover and cook 1 hour or until most of water is evaporated. Beans will be tender but firm. If you prefer a wilted texture, simmer 1 hour longer. Serve with freshly ground black pepper. Makes 6 servings, about 160 calories each.—*Mrs. Harold S. Pryor*

### SWEET POTATO CASSEROLE

- 2 to 3 medium sweet potatoes (2 lbs.), baked
- 2 tablespoons butter or margarine
- ¼ teaspoon salt
- About 6 tablespoons light cream
- Pecan Sauce**
- 1 cup firmly packed brown sugar
- ¼ cup light cream
- 2 tablespoons butter or margarine
- 1 cup pecan halves

Peel and mash potatoes while still warm. Season with butter or margarine and salt. Whip potatoes with mixer while adding enough light cream to make a light, fluffy mixture. Spread in greased 9-inch pie plate and top with Pecan Sauce.

**Pecan Sauce:** Combine sugar, cream and butter or margarine; boil 2 to 3 minutes. Arrange pecans on top of potatoes and top with sauce. Preheat oven to 350° F. Bake 20 to 30 minutes, until hot and (continued on page 56)



*gerry marcus*

"The river's rising, we'll never get through Devil's Pass, we'll just have to bunk here for the night."



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### STRAWBERRY CREAM PIE

- 1 8-oz. pkg. PHILADELPHIA BRAND Cream Cheese
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- 1/2 teaspoon vanilla
- Dash of nutmeg
- 1 cup strawberry slices
- 1 cup whipping cream
- 1/4 cup sifted confectioners' sugar
- 1 9-inch KEEBLER® Ready-Crust® graham cracker pie crust



Combine softened cream cheese, granulated sugar, vanilla and nutmeg, mixing until well blended. Mash  $\frac{3}{4}$  cup strawberry slices; stir into cream cheese mixture. Whip cream with confectioners' sugar until stiff peaks form; fold into cream cheese mixture. Fold remaining strawberries into cream cheese mixture; spoon into crust. Chill several hours or overnight. Garnish with additional strawberries, if desired.



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pie. Bake in preheated 350° F. oven 3 minutes or until hot. Meanwhile, heat cider. In another saucepan heat water and sugar, stirring until sugar dissolves; boil 3 minutes. Put hot fruit and spices into punch bowl; pour in hot syrup and hot cider and stir well. Makes 12 to 16 servings, about 140 calories per 12, 105 calories per 16 without fruit.—Mrs. James J. Mays

### FIRE AND ICE TOMATOES

- ¾ cup vinegar
- ¼ cup cold water
- 1½ teaspoons mustard seed
- 1½ teaspoons celery salt
- ½ teaspoon salt
- 4½ teaspoons sugar
- ½ teaspoon ground red pepper
- ½ teaspoon black pepper
- 6 medium tomatoes, cut into quarters
- 1 green pepper, cut into strips
- 1 onion, sliced; separated into rings

In saucepan combine vinegar, water and seasonings. Boil one minute. Meanwhile, place vegetables in salad bowl. Pour dressing over vegetables and refrigerate several hours, stirring occasionally. Makes 8 servings, about 30 calories each.—Mrs. Billy Fleming and Mrs. James M. Rippey

### BISCUITS

- 2½ cups all-purpose flour, divided
- 2 teaspoons baking powder
- ¼ teaspoon soda
- 1 teaspoon salt
- 3 rounded tablespoons lard or shortening (preferably lard)
- ¾ cup buttermilk

Preheat oven to 450° F. Sift 2 cups flour, baking powder, soda and salt together; cut in lard with pastry blender until it resembles coarse meal. Add buttermilk and mix until a soft dough forms. Using remaining ½ cup flour on work surface, briefly knead and roll dough slightly less than ½ inch thick and cut with 2-inch biscuit cutter. Place on cookie sheet and bake on middle oven rack about 10 minutes. Makes about 3 dozen, about 50 calories each.—Miss Emma Porter Armstrong

### FOOD FOR A PRESIDENT

continued from page 52

bubbly. Makes 8 to 10 servings, about 325 calories per 8, 260 calories per 10.—Mrs. C. A. Whelchel

#### GARLIC AND CHEESE GRITS

- 8 cups water
- 2 cups grits, uncooked
- 2 teaspoons salt
- 1 roll (6 oz.) pasteurized-process cheese with garlic
- ½ pound sharp Cheddar cheese, grated
- ½ cup butter or margarine
- 2 eggs, beaten
- 1 teaspoon bottled red pepper sauce
- ¼ teaspoon Worcestershire sauce
- Paprika

In large saucepan heat water to boiling. Add grits and salt and cook until

grits are very thick. Remove from heat. Preheat oven to 350° F.

Grease 13x9-inch baking dish. Add cheeses, butter or margarine, eggs and red pepper and Worcestershire sauces to grits. Pour into prepared dish. Sprinkle top with paprika and bake 45 minutes. Makes 16 servings, about 210 calories each.—Mrs. Billy C. Jack

#### POMANDER PUNCH

- Whole cloves
- 6 oranges or 6 apples or 3 of each
- 1 gallon cider
- 1 cup water
- 1 cup sugar
- 1 stick (2 inches) cinnamon
- ½ whole nutmeg, grated

Stud 12 cloves into each orange or ap-

*The James K. Polk Cookbook* is a collection of over 600 recipes that reflects the food and hospitality of the Polks and Middle Tennessee. The book is spiral-bound with a photograph of the Polk White House china on the cover. For your copy send \$7.95 plus \$.90 shipping and handling to:

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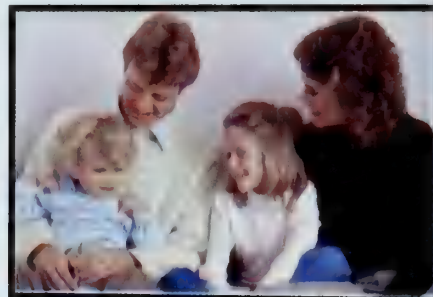


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# Before and after Zachariah



This is the haunting, painfully honest story of a family with a special child, and their most difficult decision.

By Fern Kupfer

**W**e like miracle stories. We like to hear of children who learned to walk when the doctors said "Never," children who laughed and sang and became whole when the doctors said "There is no hope." Yet these stories about life with a handicapped child are not truth-telling for how a number of parents live their lives. I know, because I am the mother of a multiply handicapped child.

Zachariah is six years old now—palely, sadly beautiful. A baby who cannot sit or use his hands or say "Mommy." Still an infant who needs to be rocked and held. Damaged goods. This is a story about a child and the tragedy that is his small life, about surviving in a family seared by pain, about a change in my life so powerful, so enduring, that I define myself every day by its consequence. Because of Zach, certain moments of everyday life—a small boy running through a shopping mall, a woman lifting a baby from a car—stand out with such brilliance (*continued*)

*Above: The author with her husband, Joe, Zachariah (left) and Gabi.*

*Left: A sleeping Zachariah, at age three.*





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## ZACHARIAH *continued*

that even these most ordinary events reveal to me the intense fragility, beauty and pain of life.

Both my babies were born in the spring: Gabi, my daughter, in March; Zachariah, four years later in April. Good times for births, especially in Iowa when everything begins to grow.

"What a baby," Joe, my husband, said, bringing his lips to mine. "Wait till you see him, Fernie. He's so beautiful." The nurse brought Zachariah to me wrapped in soft white blankets, looking so perfect, so complete. I sighed with relief. A good job.

But Zach was a very cranky, unresponsive baby. He took such a long time to finish a bottle. (Now, from hearing so many other stories, I know that difficulty in sucking is one of the signs of brain damage.) It seemed Joe and I would always have to walk Zach as he nursed or he would get all chokey and gassy. After every feeding he would be so uncomfortable. He would still be hungry, but he couldn't drink fast enough. And he was always constipated. He didn't seem to have enough control over those muscles to make everything work right.

Once, when Zach was about three months old, a friend of ours stuck her head right next to his and said, "Hi, you rascal." Zach was awake, but he

did not even look at her. "I guess I won't smile for me today," she shrugged apologetically.

I felt an uneasiness spread through me. Where was I in those early months? Going unconsciously with Zach from feeding to feeding, from nap to nap, feeling slightly disconnected, something monstrous and dark hidden from me, waiting.

Then, two months later, I called Zach's pediatrician to change the appointment for his later scheduled six-month checkup to the next afternoon. He was five months, two weeks old. "It's sort of an emergency," I told the nurse calmly. I took great care getting Zach ready for the appointment, as his beauty could blind the doctor to his deficiencies: the fact that he still could not hold up his head, that he never used his hands, that he did not look across the room.

Dr. Lawrence laid Zach down on the examination table and drew him up by his arms. He frowned when he saw Zach's lack of head control. Then I took out a tape measure and put it around Zach's head. "Hmmm," he said. "We might have a little hydrocephalus here."

*Hydrocephalus.* Water . . . fluid . . . on the brain. Was that what it was?

### Something burst

Something burst in me. Despite the sick feelings of dread that had lain within me, I was still shocked to hear him say the words, to say that there actually *could* be something wrong.

I pounded the wall with my fist, crying and shrieking at Dr. Lawrence. "How can you say that so casually? You're talking about my child, not the carburetor in my car!"

By now Zach, lying on the table, had begun to wail.

"Well, one of us has to remain calm," said Dr. Lawrence, ignoring the fact that it was his offhand manner that had precipitated my tantrum.

He returned to his office and called the Department of Pediatric Neurology at the university hospital in Iowa City for an appointment that very afternoon. Iowa City was two and a half hours away, it was a Friday afternoon and Joe was out of town. Yet Dr. Lawrence made it seem (even in his casual way) that if Zach were hydrocephalic if he did have fluid building up in his brain, that I had to get him to Iowa City as fast as I could. Numbly, I called a friend and asked her to pick up Gabi at school, and keep her until I returned that night.

When I loaded Zach in the car and pulled out of the clinic parking lot, I was crying so hard I couldn't see out the window.

I don't remember how many residents and interns I spoke (continued)



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# WHEN COMET AND AJAX® FAIL...



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Perhaps even more damaging than our despair with Zach's handicaps was the strain caused by his almost constant crying. In the morning Joe would snap at me as Zach fussed through breakfast. "Can't you see he doesn't like what you made him? Why do you have to be forcing him all the time?"

Later I would yell at Joe for giving Zach a second suppository that day. Zach's constipation was an endless source of conversation and friction for us. We interrogated and we accused.

But Zach never cried when we held him and walked him. Joe and I fought about that, too. He said I was spoiling Zach, that I should put him down.

One night, feeling very tired, I went into Gabi's room for a weary, last goodnight kiss and found her turned to the wall, curled coldly away from me. "What's the matter, Goosie?" I asked, rubbing a bare, skinny shoulder peeking out from the covers.

"I'm just feeling very hostile toward Zach," Gabi said without facing me. "I think he gets entirely too much attention around here."

In the dark, I smiled sympathetically. Hostile was certainly what she was feeling, though I'd never heard her use that grown-up word. Joe and I must have been using it a lot.

"I know, Gabs. He just takes up so much energy and time. I'm sorry. What could we do about it?"

"Well, sometimes," Gabi said, not as angry now, but still talking toward the wall, "sometimes I just feel like yelling at him, 'You dumb baby, you stupid-liar-dumb baby.'"

"We could do that," I said. "We could do that tomorrow morning when Zachy wakes up. It just might make you feel a lot better."

Gabi turned toward me, her eyes wide. "I really could. You wouldn't get mad?" I nodded and kissed her. (*continued*)

## ZACHARIAH

*continued*

to that day. Finally, when I saw the pediatric neurologists, I was disappointed that all they did was tap Zach with little rubber hammers, shine some lights in his eyes and measure his head. The examination seemed primitive to me.

It was later, on subsequent visits, that the more sophisticated tests began: the bloodletting, the machines, then the genetic evaluations. From the first visit I learned nothing, except that there was no real emergency. Zach was not hydrocephalic. "Well, what can it be?" I asked one neurologist.

"Oh, there are so many things that it can be," she said.

"Name three," I pleaded.

"Why don't you just treat him like a normal little boy unless you find out for sure that he's not?"

During the first year, Joe and I took Zach back to the hospital every couple of months. Zach at six months, at ten months, then a year; he was the same: a fretful newborn. Growing bigger, even prettier, but developmentally in a holding pattern, going nowhere . . . slowly.

It's a romantic myth that tragedy brings families together. I think that we can endure tragedies and, yes, perhaps grow with them, but most of us in ordinary marriages are not soldered or strengthened by these trials. Never did I feel more alone than on those drives with Joe back from Iowa City hospitals during Zach's first year.

Fall came and I was in a quiet panic. Zach was a year and a half old and we had started him in a physical therapy program. We had settled into a routine. Gabi in kindergarten; Zach in therapy. Joe wanted Zach to be as normal as he could be. What I really wanted, I fear, was a completely normal child.

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The next morning, before I got up, Gabi was already in Zach's room trying to hush his morning cries. "Mommy, come. He needs you," Gabi called, worry growing in her voice.

As soon as I lifted him from the crib, the crying stopped. Gabi held one chubby leg and kissed Zach's thigh. "Wasn't there something you wanted to yell at Zach?" I asked as we started downstairs.

"No, I don't feel like that anymore." Then Gabi added thoughtfully, "Maybe just telling you was enough."

#### The developmental team

When Zach was almost two we went to Iowa City Hospital School to be seen by a "developmental team." In the morning we saw a doctor who rubbed his brow as he read through Zach's long file. Then he took Zach from me and sat him on a table. Zach, unsupported, lurched backward and the doctor, a little shaken, caught him and held his head. "Oh, so he doesn't sit at all," the doctor said softly.

The occupational therapist tried to interest Zach in some toys, but to no avail. He cried unconsolably. The physical therapist picked him up and his body tone was worse than ever—he folded almost in half.

The speech therapist asked, "Does Zach ever make the same sound for something he wants, even if it isn't the right word for the object?"

"No. We shook our heads.

The physical therapist asked, "Does Zach ever try to reach a toy even if he cannot? If you place him on his stomach and place a toy in front, will he make an attempt to reach toward it?"

"No."

We shook our heads.

At the end of the day the experts talked. They said that Zach's problems were probably just as much mental as they were physical—or at least they were so interrelated that they couldn't speak about them apart from each other. In a young child, one sign of mental retardation is developmental delay. Zach was severely developmentally delayed, but here, "delay" might not be the appropriate term at all. They were not optimistic about what Zach would ever be able to do. They were not sure whether Zach would ever sit up, walk or talk. Given the careful and intelligent care Zach had received, and seeing the scant progress he had made, they were unwilling to suggest that we devote ourselves so intensely to making him "better."

Turning toward Joe, I saw his face blazing with pain, a dazzling tenderness as he reached for Zach and took him from my arms. Joe wept and wept

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as we drove home. "I never believed he was that bad."

What was our life like with Zach? Our weekends were not like other families' weekends. Ours were charted, plotted: Who's on duty with Zach? Sometimes Joe and I met on the stairs; I was coming down from a nap and Joe was going up for one. We passed Zach from arms to arms: Your turn. The other got a brief respite. We didn't ask, "How are you doing?" because if it was a bad time, we didn't really want to hear about it.

Joe and I rarely made love and rarely talked. One night, as I was taking a bath, he came in. He was going to the movies by himself because I was too tired. With his coat on in the steamy bathroom, Joe turned to me with a sad, worn face. "Fern, do you want to separate? We can't go on like this, never being nice to each other. There's no love."

I was steeping in a tub of hot water, trying to ease the tension in my neck and back. I wasn't thinking about "us" or how we were getting along or whether or not we loved each other. "Who will take care of Zach?" I said.

Just before Joe's mother died, when we first knew something was wrong with Zach, she had said, "Love him, but don't let him destroy your family."

I knew she was right and I knew we had to do something. Zach could not stay with us. We could not make it together living with Zach, and sometimes I felt we would not be able to endure even when Zach no longer lived at home. Our emotional support blanket had worn that threadbare.

During that year I had tried to learn as much as I could about handicapped children. I heard over and over again from experts that it was wrong to put a young child in a residential facility. But so often the experts who said this did not have a child like Zachariah at home, did not have a marriage being pulled apart.

It was together that Joe and I made an agonized decision, and started our search for a place for Zach. We had to find a place where he could live, could be cared for and loved.

In Dubuque we saw such a place: Hills and Dales Child Developmental Center. The design of the place looked very uninstitutional and bright. They had wonderful equipment—all sorts of adaptive devices, prone boards, toys. The staff-to-patient ratio was excellent, and they had full-time therapists. The staff went wild for Zach—ushered him away and played with him for the afternoon while we met with the social worker. They were thrilled with his cuteness. They said, "Boy, if he comes here, (continued)"



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## ZACHARIAH

continued

we're all going to spoil him; he's such a doll." It was good to feel proud of him.

Dubuque was far away—four hours by car on roads that were bad in the winter. Too far to stop by just to see how he was doing. Still, it seemed to be the best place and they accepted him.

The time had come. It was the end of August, hot and sultry. We rode for two hours and Zach didn't sleep. He just stared at the back of my bucket seat. Gabi talked to him sometimes, touching his hand to her face.

After a picnic lunch we drove the last two hours. "I'll hold him," I told Joe. "That way Gabi can stretch out in the back." Zach fell asleep in my arms, and I pressed my lips against his forehead all the way to Dubuque. As we drove into Hills and Dales, I saw a young girl, a careworker, sitting out on the patio feeding ice cream to a teen-age boy in a wheelchair. As she wiped his drooling mouth with the tip of his bib, she leaned over and kissed him on the cheek. At that moment I felt inordinately grateful to her.

In the director's office, Joe and I signed forms, permission slips, medical releases. I broke down into hiccupping, indelicate sobs. Elaine, the director, comforted me. She said, "We will take very good care of Zach." Then softly, "My own boy is here."

This fall my neighbor's little girl will be starting kindergarten. Her mother and I make backyard talk about whether or not little Claire is ready; would another year at nursery school be better? She is such a tiny girl. It is not until I come in my own back door and see Zach's picture on the refrigerator that I realize that he, too, would be starting kindergarten this fall, and before I can blot the image, it's there—a picture of a normal Zach, walking down the block through autumn leaves, going to school, knapsack and all.

*Oh, those of you who have normal children, those whiny miracles, fall to your knees by their bedsides; let gratitude burn forever in your breast, an eternal pilot light.*

The pain remains for us, both constant and unexpected. Not long ago, Joe went shopping in Des Moines to buy some clothes. Coming back, he suddenly thought of Zach and had to pull off the road because he was crying so hard.

Yes, we still, always, feel sad. But now Joe and I have the energy to support each other. That's what you need in order to care for someone else—energy. When Zach was home, we were both all used up from him; we

couldn't handle the burden of each other's needs.

Having a child like Zach is hurting, and I know that there is a part of Joe that hurts even more than maybe that part of his thoughts where baseballs are tossed around, that part that longs to see a son in his own image. But I would say that having Zach did bring us closer together—the final analysis, though I don't think we could have stayed together had we kept Zach at home. There is, in marriage, that tenuous balance. Ultimately, I think, the care of such a needy child would have so destroyed the balance—the damage would have been irreparable, for us at least.

We are going to visit Zach. We approach the familiar driveway to Hills and Dales. Inside, someone directs us to Zach, lying on a wedged cushion on the dayroom floor. "Hi, Zachy, your daddy's here," Joe says, a smile in his words.

Joe picks him up, and I say, "Hi your sweetie. Hi ya, babe," as I kiss his cheek; Gabi holds on to one of his dangling legs. His condition remains the same. Some of the doctors now think Zach's retardation is caused by some genetic disease. But no one knows for sure.

Outside we go for a walk, pushing him in his reclining wheelchair. We walk in a park, Joe and Gabi racing us ahead toward a swing. Under a clump of trees a shirtless teenager lovingly rubs wax onto the hood of his car. Rock music blares from his radio. What can I say to you, Zach? Do you hear the music, too? Do you want to dance? Ripping back the Velcro straps, I begin to lift Zach from the chair. I hold him in my arms, tears burning in my eyes, twirling him under the bright Iowa sky.

## CAT WATCHING

By Leonhard Dowty

*In the window the cat sat,  
Proudly aloof,  
Proof that she was descended from  
an ancient queen.  
Not knowing she was seen,  
She grinned,  
Styly as if she had sinned.  
Then she stretched out,  
Leaving no doubt, methinks,  
That she had solved the riddle of  
the sphinx.  
Then capricious, just for a lark,  
Her tail went up into a question mark.  
Before it curled as a gentle reminder  
That like her tail her past was behind her.*





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# The Southampton Diet

★ **By Stuart M. Berger, M.D., M.P.H.** ★  
**with Marcia Cohen**

A physician/psychiatrist who practices in Southampton, the glamorous playground of New York City's most fashionable people, has devised a weight-loss plan based on his own experience in shedding an astonishing 210 pounds. His patients succeed on the diet. You will, too!

Because I once weighed 420 pounds (which even at six feet six and a half inches is obese) and because I successfully shed that weight, I have a deep and thorough understanding of the problems associated with dieting. And as a physician, I have a lifelong commitment to maintaining the highest possible level of physical health in my patients. Also, as a psychiatrist, I am concerned with mental health. It was the combination of these factors—the personal, medical and psychiatric—that led to the creation of the Southampton Diet. The plan is not exclusively for those who must

lose weight to the extent that I did, because the factors that led to my own enormous weight loss work as well for those who want to lose much less. On the Southampton Diet you can lose fifteen pounds in two weeks—or you can safely (and

happily) stay on this regimen for as long as you need to.

Before I explain the four points that make up the Southampton Diet, I want to share my own history with you. It not only reveals the reasons for my passionate interest in dieting, but reflects many of the difficulties common to those who are overweight.

I grew up in Brooklyn, New York, in a small apartment above a candy store. The candy store itself was, of course, an inducement to gain weight.

But not every child of every candy store owner becomes obese! Obviously, other factors were at work.

The candy store my parents owned was not a lucrative one and they were forced to work seven days a week to support us. They had no opportunity to make friends and I—as an only child—was isolated as well.

Then, when I was five years old, my grandmother came to live with us. She was a stern, somewhat over-bearing Viennese woman in her late fifties, who was given almost total responsibility for my care.

She was a harsh disciplinarian (*continued*)

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keep you dieting





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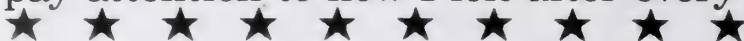
**KRAFT**

**YOU DON'T HAVE TO DIET TO LIKE IT.**





"I learned that fascinating research was being done in the area of neurochemistry and the effect of chemicals in the brain on mood. It was then that I began to see the relationship between mood and food. I began to pay attention to how I felt after every meal . . ."



but, if I behaved well, she would cook up a pot of marvelous goulash and noodles. If I was naughty, of course, I was denied that reward.

Thus it happened that food became a perfect weapon for a young boy in his struggle to grow up. It was a powerful tool of revenge and retribution, a way of "getting back." My use of this weapon is well illustrated by what I still think of as the Case of the Christmas Lasagna.

Each year, on Christmas Eve, an employee in the candy store presented my parents with a huge pan of lasagna. My grandmother always kept it in the refrigerator overnight and we all enjoyed it on Christmas Day.

On the Christmas Eve of my eleventh year, however, I was particularly furious with my grandmother. She had refused to allow me to go outside all day, in spite of the fact that the first snow of the year had fallen.

That night, I slipped out of bed and consumed every last mouthful of the lasagna—at least five pounds of pasta in rich tomato sauce.

The next morning my mother was aghast. The implications of what I had done upset her terribly. "Stuart, how could you do that?" she asked, her eyes wide in horror. And I answered, "I was hungry."

But of course it was more than that. I was punishing my family and punishing myself. I *thought* I was making myself happy. In fact, what I was doing was making myself profoundly depressed.

My unhealthy eating dynamic operated all through my college years. As a result I grew fatter and fatter.

Then, during my summer vacation, between college and medical school, I financed a trip to Paris by writing interviews for a student press.

Paris was a dream come true for me and the summer was magnificent. One evening I made a date with my friend Debbie, a young American woman. We decided to go to the opera.

When we reached our places, Debbie sat down. I lowered my bloated derriere toward my own seat.

I never reached it.

To my horror, the years of overeating had caught up to me in a moment that could not have been more painful.

I could not fit in the seat! It was a humiliation I shall never forget.

I rushed clumsily out of the Opéra, my eyes brimming with hot, embarrassed tears and spent the night in an agony of self-recrimination.

At that juncture, the unhealthy eating dynamic no longer worked for me. The food that I had convinced myself was a gift of happiness was clearly the opposite. *This was a true turning point.*

I embarked on a diet.

In the beginning I made many mistakes. I was very unhappy. I often had powerful desires to binge. Furthermore, I was carrying a calorie counter everywhere, which was annoying. Also, my daily diet was not balanced, because I found that I often reached my calorie limit without eating some of the foods needed for proper nutrition. And my moodiness was excessive.

**S**o I began searching out and reading everything that had been written on the subject of overweight. I learned that fascinating research was being done in the area of neurochemistry and the effect of chemicals in the brain on mood. It was then that I began to see the relationship between mood and food, and to question my professors at the Harvard School of Public Health about it.

It seemed to me that my moods had an enormous impact on my ability to diet and I wanted to know why this was so. I began to pay close attention to how I felt after every meal.

There were some odd discoveries. For example, after snacking on milk or yogurt, I worked quite well for long periods of time. Chocolate bars, on the other hand, not only wreaked havoc with the calorie count, but left me (after an initial high) feeling depressed.

Using these personal discoveries, I formulated a primitive version of

what is now the Southampton Diet. I stayed on the diet for most of my four years of medical school, and by the time I graduated, I had lost 210 pounds. Still, there was more to learn.

During my psychiatric residency at New York University I was faced with the "yo-yo" problem; that is, gaining five to fifteen pounds and then having to lose it again. During this residency, I studied behavioral modification techniques. As I helped my patients apply these techniques to emotional problems, I also tried them on myself.

Finally, I entered psychoanalysis—a requirement for the psychoanalytic practice I planned at that time. Once again, my main concern was weight loss, and I probed for the psychological forces that bear on that problem.

My conclusions, after these years of investigation, became the four-point basis for my weight-loss program.

### 1: The Diet

Through my own experience with fad and starvation diets at the beginning of my campaign to lose weight, I learned that unbalanced regimens inevitably fail. That's why the Southampton Diet is the ultimate medically and nutritionally sound diet.

You will live and eat normally while you are on it. Furthermore, the diet is very simple to follow. In addition to the diet plan as written, (see page 75), you may eat unlimited quantities of the following: Chicory, celery, cabbage, cucumbers, endive, escarole, lettuce, parsley, radishes, watercress, raw carrots, bean sprouts, lemon juice.

However, you *must* follow the meal plan as written, except that you may substitute four ounces of a vegetable/tomato juice or plain tomato juice for the vegetable at any meal and fruit juice for fruit.

It is important not to skip a meal or snack on the diet. The Southampton Diet is carefully balanced to provide not only proper nutrition but the correct distribution of amino acids and carbohydrates, as well as the glucose (sugar) and vitamins needed for happy, (continued)



Ahh, the beer with the taste for food!





**They sure don't  
make 'em  
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**Time is on our side.**



is-free dieting. The timing of the food you consume is important, so please follow the schedule as written. Weigh your food portions (after cooking) on a postal scale for the first two or three days only. After that, your weight will be trained. When you have completed Week One, begin Week Two. Follow the Week Two plan until you have lost all the weight you care to lose.

## 2: The Fat Shield

The underlying causes of weight-gain are usually psychological, and, though these causes may be diverse, I have found that they generally focus on one issue: negotiating friends and relationships. What I call the "Fat Shield" is a method by which we protect ourselves from dealing with relationships that may cause us anxiety. Yet, though this method is convenient, it is also self-punishing. It only succeeds in protecting us from the issues all of us must tolerate—love, sex, being close. It creates a lonely, isolated, frustrated, depressed, frequently angry human being who truly feels he or she is missing out on the world. What is its opposite? What does being good to yourself mean? It means keeping your body trim and healthy; creating positive self-esteem and a sense of identity. You can learn to do this by asking yourself one question over and over again. You may be about to take a walk, go to a cafe or enter a pastry shop, and before you do any of these things, ask yourself: *Is what I am about to do helping me or to punish myself?*

As you progress on the diet, you will know that punishing yourself means building a Fat Shield while caring for yourself means opening your life to success and happiness.

## 3: The Biochemical Miracle

Citing new medical research shows a clear biochemical relationship between the food we eat and certain messages that are sent to our brains. These messages not only influence our moods but also affect our appetites. Certain foods, or a combination of foods, can affect your mood, often causing you to be less hungry or to eat more. These foods are "happy" (in that they contribute to your happiness and self-esteem and truly satisfy your hunger) or some are "sad" (and may depress you and make you sadder).

The Southampton Diet itself is entirely new and revolutionary in this regard. It has been carefully designed to take into account the latest biochemical research being developed at major centers around the country.

You now know that certain amino acids can, when utilized in a well-balanced meal plan, promote a stress-free diet. Amino acids are chemical agents contained in food. Once inside our bodies, they change into "neurotransmitters," which are messengers to the brain that bring either positive or negative information. They regulate our mood by bringing positive information, and by bringing negative information, they produce depression. Probably the most important amino acid is *tryptophan*. It produces *serotonin*. If the level of serotonin in the brain falls low, you can become depressed, aggressive or even have trouble sleeping. Tryptophan can lift your spirits and help you sleep. Another amino acid that affects moods is *tyrosine*. Tyrosine has been used successfully to treat depression. The Southampton Diet provides you with the amino acids you need. But in order to promote a truly stress-free diet, amino acids must be taken in combination with other nutrients. It's the balance of the right foods that will effectively create a happy mood while you diet. This includes a small amount of carbohydrates, as well as a substantial portion of B vitamins. Most depressed people

(continued)

# Dine out with a friend.



Wherever you go, dine out with a friend — Sweet 'N Low. In hot or cold drinks, Sweet 'N Low dissolves instantly. So you get a sweet, satisfying taste while you save calories. It's no wonder Sweet 'N Low in the familiar pink packet is served in more restaurants than any other sugar substitute.



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**SHARE YOUR DIET SECRET WITH A FRIEND.**

## **SOUTHAMPTON DIET** *continued*

lack B3, B6 and B12. Folic acid and vitamin C are more important ingredients in the Southampton Diet.

### **"HAPPY" FOODS**

Milk, turkey, chicken, cheese, beef, bananas, pineapple, yogurt all contain tryptophan (amino acid that acts as antidepressant). Lean red meat (beef, plus other game meat but excluding pork), organ meats, whole grains, yeast, wheat germ, green leafy vegetables, brown rice, rice bran (shelled rice) contain B vitamins and folic acid. Oranges, grapefruit, lemons or limes, strawberries, broccoli, green peppers, spinach, brussels sprouts, cantaloupe contain vitamin C.

### **"SAD" FOODS**

Sugar (produces "sugar blues"). Egg yolks, marbled meats, wheat cereals contain choline (increases depression). Chocolate contains phenylethylamin (creates a negative neurotransmitter). Aged cheese, pickled herring, Chianti, cream, beer, ripe avocados, aged beef contain tyramine (competitor of tyrosine). Food with monosodium glutamate (associated with depression). Lobster contains GABA (gamma aminobutyric acid—leads to lethargy). Peas, lentils, chickpeas inhibit thyroid.

## **Diet Rules**

- 1 Don't skip any meals or snacks; always eat on schedule.
- 2 You may drink unlimited amounts of mineral water, herbal tea and decaffeinated coffee, and eat unlimited quantities of the "free" foods listed on page 70.
- 3 Remove skin from chicken and turkey and use lean meats only.
- 4 Use as much low-calorie salad dressing as you wish; we give three recipes on page 76.

### **4: Behavioral Techniques**

All dieters know it's easy to get sidetracked. One must be reminded frequently that he or she is on a diet.

For this reason I have developed a series of meal programs that you can use when you need them.

1. Being in the kitchen can always trigger overeating. Therefore, remove the television, radio, even the telephone from this room.

2. If possible, have someone else prepare meals at least twice a week.

3. After dinner, let someone else do the dishes.

4. Remove all high-calorie food from open containers and store on the highest shelf in opaque containers.

5. Rearrange your refrigerator so that any food not subscribed on the diet is hidden.

6. Forbid yourself to eat while engaged in any activity (except conversation with a dinner companion).

7. Make a list of activities you must accomplish or wish to just enjoy. The moment you sense the onset of an anxiety period when you might be tempted to eat, turn to your list.

8. Count the average number of times you chew food per mouthful. Increase that number. If it's ten, strive it to twenty.

9. Drink water before but not during a meal. Lying down before a meal creates a sensation of fullness. During a meal, it tends to deprive a dieter of pleasure.

10. Completely swallow each bit of food before you move on your fork or spoon. This is a certain pace-slowing technique.

11. When eating alone, use the "wrong" hand. (continued)



# The Southampton Diet Plan

## BREAKFAST

(Alternate the two breakfast menus throughout diet period.)

**I**  
Unsweetened Pineapple (½ cup)  
2% Milkfat Cottage Cheese (¼ cup)  
Whole-Grain Bread (1 slice)

OR

**II**  
Banana (½)  
Skim Milk (1 cup)  
Bran Cereal (½ cup)

### LUNCH

### SNACK (afternoon)

### DINNER

### SNACK (evening)

*Open-faced Sandwich:* Sliced Turkey Breast (2 oz.), Sliced Tomato (½ cup), Sliced Cucumber (unlimited) Whole Wheat Bread (1 Slice) ★ Apple (1)

Turkey Breast (1 oz.)

Broiled Veal Chop (4 oz.) ★ Brown Rice (½ cup)  
Steamed Zucchini (½ cup) ★ Mixed Green Salad, Dressing (unlimited) ★ Pear (1)

Plain Low-Fat Yogurt (1 cup)

*Southampton Salad Bowl:* Chopped Hard-Cooked Egg (1), Julienned Swiss Cheese (1 oz.), Tomato Wedges (¼ cup), Sliced Green Pepper (¼ cup), Sliced Cucumber and Mixed Salad Greens, Dressing (unlimited) ★ Whole-Wheat Bread (1 slice) Cantaloupe (¼)

Plain Low-Fat Yogurt (1 cup)

Broiled Chicken Breast (4 oz.)  
Baked Potato (1)  
Steamed Broccoli (½ cup)  
Mixed Green Salad, Dressing (unlimited)  
Strawberries (¾ cup)

Banana (½)

*Southampton Salad Bowl:* Tuna (½ cup, canned), Sliced Tomato (½ cup), Raw Onion Slice, Mixed Salad Greens, Dressing (unlimited) Rye Bread (1 slice) ★ Honeydew Melon (⅛)

Tomato Juice (½ cup) ★ Raw Carrot Sticks (½ cup)

Roast Turkey Breast (4 oz.) ★ Brown Rice (½ cup)  
Steamed Summer Squash (½ cup)  
Mixed Green Salad, Dressing (unlimited)  
Orange (1)

Skim Milk (1 cup)

*Open-faced Sandwich:* Muenster Cheese (2 oz.), Sliced Tomato (½ cup), Sliced Cucumber and Romaine Lettuce (unlimited) Whole-Wheat Bread (1 slice) ★ Grapefruit (½)

2% Milkfat Cottage Cheese (¼ cup)

Baked Fish (4 oz.) ★ Baked Potato (1)  
Steamed Carrots (½ cup)  
Mixed Green Salad, Dressing (unlimited) ★ Peach (1)

Plain Low-Fat Yogurt (1 cup)

*Southampton Salad Bowl:* Julienned Turkey Breast and Swiss Cheese (1 oz. each), Tomato Wedges (½ cup), Sliced Cucumber and Mixed Salad Greens, Dressing (unlimited) ★ Whole-Wheat Bread (1 slice) ★ Pear (1)

Apple (1)

Lean Roast Beef (4 oz.) ★ Baked Potato (1)  
Steamed Brussels Sprouts (½ cup)  
Mixed Green Salad, Dressing (unlimited)  
Unsweetened Pineapple (½ cup)

Skim Milk (1 cup)

*Southampton Salad Bowl:* Salmon (½ cup, canned), Sliced Tomato (¼ cup), Sliced Green Pepper (¼ cup), Sliced Cucumber and Mixed Salad Greens, Dressing (unlimited) ★ Whole-Wheat Bread (1 slice) ★ Pear (1)

2% Milkfat Cottage Cheese (¼ cup)

Broiled Fish (4 oz.) ★ Brown Rice (½ cup)  
Steamed String Beans (½ cup)  
Mixed Green Salad, Dressing (unlimited)  
Unsweetened Pineapple (½ cup)

Plain Low-Fat Yogurt (1 cup)

*Open-faced Sandwich:* Tuna (½ cup, canned), Sliced Tomato (½ cup), Sliced Cucumber (unlimited), Boston lettuce (unlimited) Rye Bread (1 slice) ★ Cantaloupe (¼)

Orange (1)

Baked Chicken Breast (4 oz.)  
Wild Rice (½ cup) ★ Steamed Spinach (½ cup)  
Mixed Green Salad, Dressing (unlimited)  
Nectarine (1)

Skim Milk (1 cup)



*Stuffed Pita Sandwich:* Sliced Turkey Breast (2 oz.), Sliced Tomato (½ cup), Sliced Cucumber and Romaine Lettuce (unlimited) Whole-Wheat Pita Bread (1 piece) ★ Apple (1)

Turkey Breast (1 oz.)

Broiled Veal Chop (4 oz.) ★ Brown Rice (½ cup)  
Steamed Zucchini (½ cup)  
Mixed Green Salad, Dressing (unlimited)  
Tangerine (1)

Plain Low-Fat Yogurt (1 cup)

*Southampton Salad Bowl:* 2% Milkfat Cottage Cheese (½ cup), Apple Slices, Pineapple Cubes, Banana Slices, Grapefruit Sections (¼ cup of each), Bed of Lettuce (unlimited) Whole-Wheat Bread (1 slice)

Plain Low-Fat Yogurt (1 cup)

Broiled Chicken Breast (4 oz.)  
Baked Winter Squash (½ cup) ★ Sautéed Mushrooms (½ cup)  
Mixed Green Salad, Dressing (unlimited)  
Honeydew Melon (⅛)

Banana (½)

*Southampton Salad Bowl:* Baby Shrimp (2 oz. or 10), Sliced Tomato (¼ cup), Sliced Green Pepper (¼ cup), Mixed Salad Greens, Dressing (unlimited) Whole-Wheat Bread (1 slice) ★ Grapefruit (½)

Tomato Juice (½ cup) ★ Raw Carrot Sticks (½ cup)

Roast Turkey Breast (4 oz.) ★ Brown Rice (½ cup)  
Steamed Broccoli (½ cup)  
Mixed Green Salad, Dressing (unlimited)  
Cantaloupe (¼) ★ Skim Milk (1 cup)

Skim Milk (1 cup)

*Open-faced Sandwich:* Sliced Chicken (2 oz.), Sliced Tomato (½ cup), Sliced Cucumber and Romaine Lettuce (unlimited), Whole-Wheat Bread (1 slice) ★ Pink Grapefruit (½)

2% Milkfat Cottage Cheese (¼ cup)

Baked Fish (4 oz.) ★ Brown Rice (½ cup)  
Steamed Asparagus Spears (½ cup)  
Mixed Green Salad, Dressing (unlimited)  
Unsweetened Pineapple (½ cup)

Plain Low-Fat Yogurt (1 cup)

*Southampton Salad Bowl:* Tuna (½ cup, canned), Sliced Tomato (¼ cup), Sliced Green Pepper (¼ cup), Sliced Cucumber and Mixed Salad Greens, Dressing (unlimited) ★ Rye Bread (1 slice) Orange (1)

Apple (1)

Lean Roast Beef (4 oz.) ★ Baked Potato (1)  
Steamed Spinach (½ cup)  
Mixed Green Salad, Dressing (unlimited), Strawberries (¾ cup)

Skim Milk (1 cup)

*Southampton Salad Bowl:* Shredded Chicken Breast (2 oz.), Sliced Tomato (¼ cup), Sliced Green Pepper (¼ cup), Sliced Cucumber and Mixed Salad Greens, Dressing (unlimited) ★ Whole-Wheat Bread (1 slice) Nectarine (1)

2% Milkfat Cottage Cheese (¼ cup)

Broiled Fish (4 oz.)  
Brown Rice (½ cup)  
Steamed Brussel Sprouts (½ cup)  
Mixed Green Salad, Dressing (unlimited)  
Grapefruit (½)

Plain Low-Fat Yogurt (1 cup)

*Open-faced Sandwich:* Sliced Lean Roast Beef (2 oz.), Sliced Tomato (½ cup), Sliced Cucumber and Lettuce (unlimited), Whole-Wheat Bread (1 slice) ★ Pear (1)

Orange (1)

Baked Chicken Breast (4 oz.) ★ Wild Rice (½ cup)  
Steamed Cauliflower (½ cup) ★ Mixed Green Salad, Dressing (unlimited) ★ Cantaloupe (¼)

Skim Milk (1 cup)



12. When you feel a craving for a snack, set the timer for ten minutes. If, after the bell rings, the craving is still with you, eat the snack then. Many people find that their cravings disappear during that short period of time.

13. A mental game: When you're dining with others, set yourself the goal of being the slowest eater.

14. Practice positive reinforcement. Each time you resist a diet-breaking temptation, reward yourself. It can be money, clothing or a special event you'd like to attend.

15. Keep a food diary. Every day, write down exactly what you've eaten, what you were doing while you were eating, who was with you, the time of day, how hungry you were and any emotions you felt at the time. This will help you recognize what stimulates you to eat.

What you have just read are exactly the same instructions and information as I give my patients. In one sense, you have an advantage over my patients. You can examine every principle of the Southampton Diet at your own pace, on the printed page. And when you're ready to begin the Southampton Diet, will you also enter a psychological contract with me? It is the one I insist on with every one of my patients. You will find it below. It is your commitment to becoming "Southampton Thin."

*I understand that the Southampton Diet is a healthy, balanced, energizing plan specially designed by Stuart M. Berger, M.D., M.P.H. I hereby commit myself to it for a minimum of the next two weeks. Signed \_\_\_\_\_*

Now perhaps you would also like a signed contract from me:

*I guarantee that the Southampton Diet is specially balanced to provide a healthy, rapid weight loss to anyone who stays on it for two weeks or more. I also hope that you will refer to it often and know that I am with you in spirit every day of the program.*

(Signed) Stuart M. Berger, M.D., M.P.H. **End**

## CHILI SALAD DRESSING

- 2 Tb. lime juice
- $\frac{3}{4}$  cup tomato juice
- $\frac{1}{8}$  tsp. chili powder
- 1 tsp. finely chopped fresh coriander leaves or  $\frac{1}{2}$  tsp. dried

Combine ingredients in a tightly lidded jar and shake well. Refrigerate until used. Shake again before serving. Makes about 1 cup.

## YOGURT-LEMON SALAD DRESSING

- $\frac{1}{2}$  cup plain low-fat yogurt
- $\frac{1}{2}$  cup skim milk
- 1 Tb. lemon juice
- 2 tsp. grated onion
- 1 Tb. fresh finely chopped dill
- Pinch of oregano
- Pinch of salt and ground pepper

Mix all ingredients in blender until the consistency of heavy cream. Refrigerate until used. Mix again before serving. Makes  $1\frac{1}{4}$  cups.

## VINAIGRETTE DRESSING NO. 1

- 2 tsp. Dijon mustard
- $\frac{1}{3}$  cup chicken stock
- 1 whole garlic clove, peeled and mashed
- $\frac{1}{2}$  tsp. minced fresh chervil or parsley, or  $\frac{1}{4}$  tsp. dried
- 2 leaves fresh basil, minced
- 1 Tb. wine vinegar
- 1 Tb. lemon juice
- $\frac{1}{8}$  tsp. freshly ground pepper

Combine ingredients in tightly lidded jar and shake well. Refrigerate until used. Remove garlic and shake again before serving. Makes  $\frac{1}{2}$  cup.

Washington, D.C., area. Kathy Wilson started a northern Virginia branch of the Caucus, became vice-chair of the national group, and last summer began her two-year term as chair.

While stepping up Caucus efforts to get the Equal Rights Amendment passed before the June 30 deadline, Kathy Wilson has started another campaign called "Win with Women." "When the Caucus was formed ten years ago," she points out, "women had four percent of the seats in state legislatures. Now it's twelve percent. We know we must increase those numbers. We need more women in legislatures just looking out for human beings. But we will not target against men who have been good for us."

Win with Women is a grass-roots endeavor to encourage women to run for local and state office. Ms. Wilson plans to barnstorm the country, occasionally accompanied by her 18-month-old daughter, to talk to women about finding good candidates and working for them. As part of this campaign, local caucuses celebrated Jeannette Rankin Day on April 2, with fund-raising events ranging from wine and cheese parties to elegant dinners. The Caucus hopes to draw attention to its goals and to raise money with an annual day in honor of Jeannette Rankin, the first woman elected to Congress (the year was 1916, four years before women finally won the right to vote).

The NWPC now has 60,000 members in 300 chapters. On the national scene they include prominent Republicans like Millicent Fenwick and Jill Ruckelshaus and prominent Democrats like Liz Carpenter and Patricia Schroeder. The current campaign is concentrating on the local scene, because, as Ms. Wilson points out, "Sixty percent of the people in Congress came from state legislatures."

Ms. Wilson urges women who want to get involved, whether by running for office themselves or supporting other candidates, to contact their local Caucus office. If there is no Caucus in your city, write to the National Women's Political Caucus, 1411 H Street, N.W., Washington, D.C. 20005 for information about your state organization. The NWPC also sells a handbook, *How to Be Effective* (\$5), explaining how to start a local Caucus group and a complete Win with Women packet (\$15) that covers all phases of running a campaign.

As one Caucus member recently observed, "Women are fifty-one percent of the population. When women work together they have clout—and a strong say in who is elected." **En**

## SWEET BOUQUETS pictured on page 30

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# U.S. GOV'T REPORT



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Find out how  
a dedicated  
principal  
and concerned  
parents got the  
kids off drugs



# The School that went Straight

By  
Roul  
Tunley ▶





# N

orthside High School was unofficially known as "Fantasy Island" five years ago. Clouds of marijuana smoke hung over the halls and restrooms in the Atlanta high school, and students lit up openly on the front steps. Many students came to class stoned—if at all. Teachers seemed to ignore that anything was wrong. Hardly enough students went out for football to make up a team, and when Northside held a prom, the chaperones outnumbered the kids. Students dropped litter everywhere, and the handsome red-brick building looked like a refuse dump. Out of the school's fourteen hundred students, only two hundred would show up in the cafeteria. Most were off campus for what could only euphemistically be called "lunch." Even bright students opted for easy courses, and, as in many schools, grades on standardized tests were going down steadily. One visiting educator called Northside "a mess, out of control."

Today, the litter is gone. The whole school exudes an air of tidiness, even purpose. Students seldom cut classes, and incidents of tardiness—once five thousand a day out of a possible ten thousand—are down to thirty. No one leaves the campus at noon, and the cafeteria is serving the whole school again. Last year's prom attracted four hundred students, and sports are so popular that some teams have run out of uniforms.

Best of all is the academic excellence. Eighty percent of the students have elected to take harder courses than they need to graduate. As a result, the school has improved its test scores for five consecutive years. In fact, Northside scored higher than any other school in Atlanta last year on standardized tests, according to Dr. Carole McCarson, who is head of the Board of Education's testing program. *(continued on page 110)*

*Above, principal Bill Rudolph cracked down on drugs, emphasized studying—and gained respect. Left, top to bottom: Students at Northside excel academically, take part in extracurricular activities such as the school band, intramural basketball games and computer programming. There's also time for flirting and horsing around. Right: Students cheer for the purple and white at a pep rally.*



Tom Arma







\*Antipasto Salad

Sesame Breadsticks

# 30-minute MEALS

\*Asparagus Pasta

By SUE B. HUFFMAN, Food and Equipment Editor

**T**he key to fixing dinner in a hurry is finding a balance between start-from-scratch dishes and the ease of convenience foods. Results: Full-course meals that are simply sensational. For example, the menu above requires little cooking—hardly more than boiling water for the tasty combination of pasta and asparagus spears (use either fresh or frozen).

Seedless Grapes







Sliced Tomatoes and Green Peppers

Frozen French Fries

\*Garlic-Herb Cheeseburgers with Sautéed Mushrooms

**A** family-favorite meal of juicy burgers gets quickly dressed for dinner by adding savory herb cheese and small mushrooms. The rest is a snap. Frozen fries get popped into the oven; the salad, merely sliced; and the instant pudding made special with a crumbling of cookies. Starred recipes, game plans and five more terrific menus, page 108.



\*Pistachio Macaroon Pudding



# THIS SUMMER'S BEST LOOKS

## STRIPES

Bold stripes, subtle stripes, awning stripes, pinstripes, candy-is-dandy stripes—you name it and you'll be able to find the right stripe this season. *This page:* Olive-green two-piece dress with turquoise stripes, pink flowers. Butterfly ruffled top, \$70, easy skirt, \$79. Both, Paula Saker, in cotton/linen.





By Maureen Lynch,  
Beauty and Fashion Director.

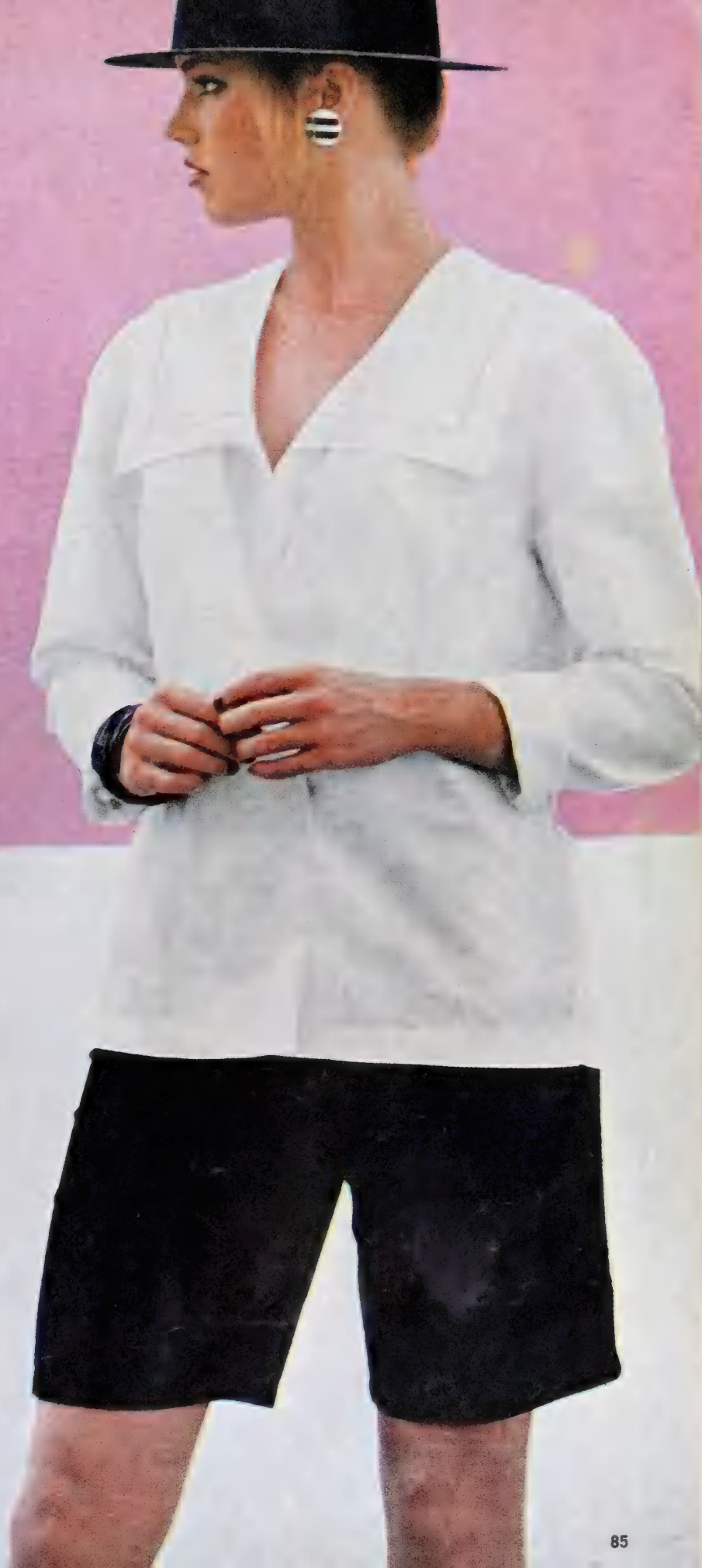
Everything you want from fashion this summer is captured on these pages. The easy lines, the un-gimmicky sense of style. Perfect scale without fussy detail. Notice that skirts and pants are equally important. And length is no longer an issue—different fashions look better at different lengths, from short and swingy to ankle-grazing. Best of all, clothes are practical and wearable, for almost every figure type, for almost every age.

Photographed in and around Condado Holiday Inn, San Juan, Puerto Rico.

Photographed by George Barkentin. Hair by Mark Kane of La Coupe Salon, N.Y.C. Makeup by Martin Downey. For accessory information, see page 138.

## BLACK & WHITE

Look sharp, feel sharp. Nothing has more pizzazz than black and white. The combinations are endless, whether ■ stark black dress jolted by a white hat or rippling patterns of black and white moving in unison. *This page:* Sophisticated shorts, \$29, white sailor blouse, \$34, double-breasted jacket, \$44. Cotton shirt and linen jacket by Esprit; cotton shorts, Esprit Sport.





## SHAPES

Focus on pure and simple fashions. Gone are the wild extremes. The shapes today are cleaner . . . more definite . . . more workable. *This page:* Very polished and pulled-together—the perfect summer look. Wing-sleeved top in olive, \$36, with straight-leg pants, \$40. Both, Regina Porter, in cotton.







## STRIPES

New directions for stripes—a casual tunic with roll-up sleeves—in tomato red with tri-color markings, \$46. Worn over roomy culottes that graze the knee, \$44. Both, British Khaki by Robert Lighton, in cotton.

## What's in store for you this summer:

**Tops:** Watch for small details that make a difference. A pleat that runs from shoulder to wrist. A soft ruffle rippling across the shoulders, into the sleeves. Dropped shoulders and dolman sleeves replacing high, tight armholes. Gentle bell-shaped or butterfly sleeves. And the snap of sailor detailing.

**Tunics:** One of the most versatile, valuable and visible fashions. Worn as short dresses, belted or hanging loose and breezy over bare legs (great for weekends). Or over narrow pants and skirts (even for work!).



## BLACK & WHITE

The little black dress—timeless in its look, in its appeal. This one's so easygoing, you can toss it on for everyday wear, then by adding a belt and higher heel sandals, step out for evening. By Cacharel, in cotton, \$136.

**Pants:** A movable feast. All lengths look new... except the classic/preppy style of skimming the shoe. From the shortest shorts to knee-grazers to trousers that stop above the ankle. Watch for lots of pleats, full or narrow shapes, casual or dressed to the nines.

**Skirts:** There's no question that the shorter, fuller silhouette feels the freshest (if you've got great legs, show them!). You'll be seeing every fabric from gossamer gauze to thin suede for summer. Some skirts fool the eye—divided or not?



## SHAPES

Flash... a new scale on top that's looser, longer, freer. Clean of line, clear of color: one-button jacket in bright marigold—looks good over pants, skirts, culottes. By Christian Dior Separates, in cotton, \$80.

For complete accessory information, see page 138.

**Accessories:** • Heads up for hats! Not just floppy beach straws but crisp, sophisticated brims to wear to town. • Belts, too, are bigger than ever. Wide, crushable and often adorned with some one-of-a-kind look (beads, shells, ribbons, a unique buckle). ■ With clothing simpler, jewelry has grown bolder. Look for clunky earrings, standing out in stripes or molten metals; wrist cuffs; fat, beaded chokers. ■ Scarves make the scene—wrapped at the neck, flung across the shoulders, sashed obi-like at the waist, tied nonchalantly on the hip.



# The Sexual Revolution:

“Dear Diary,

You won't believe this! Susan went all the way with Bob Thornton. She told me at the slumber party last night. I nearly died. Anybody knows that a boy won't respect you (or marry you!) if you cheapen yourself like that. Sure, Michael and I pet pretty heavily—Mom would faint if she knew—but he wouldn't dream of doing anything. He knows I have a good reputation. (P.S. Do you think Susan will get pregnant? Yikes!)” —From the diary of a 17-year-old, 1952.

**T**he girl who penned the diary passage above is now a forty-seven-year-old mother of three. She was a virgin when she and her high-school sweetheart were married, just after her twentieth birthday. She's never had an affair, though she admits she's been tempted a couple of times. Her marriage is “solid, even though we've had our ups and downs. I grew up thinking nice girls didn't have sex until the wedding night. You ‘saved yourself’ for your husband, and then you stayed married. Period. That sounds like ancient history now. But I wonder . . . are these kids with all this sexual experience ever going to be able to make a commitment to one person? Look at the divorce rate.”

The 20-year-old quoted above is that woman's youngest daughter. She thinks her mother is sweet, but quaint. “Mom got married when she was younger than I am now. Imagine! She didn't even finish college. Frankly, I think she rushed into marriage just so she could have sex, although she would never admit that. Personally, I'm glad I've had the chance to be involved with several men. I do want to get married, but I want to be certain I've found the right person. I've had sufficient experience to know that physical attraction is vital but not enough to base a relationship on. The demise of the double standard has put women in a position to make decisions about who

“John is a much better lover than my two previous boy-friends were. Of course, I'm living with John, and we really care about each other, so that makes a difference. But the quality of sex has a lot to do with the quality of your relationship. I'm fairly sure John and I will get married some day, but if we ever split up, I wouldn't necessarily hop into bed with the first man I met. I enjoy love-making, but I know enough to be choosy.” —A 20-year-old college student, 1982.

they're going to spend their lives with.”

Wise-sounding words from one so young. And perhaps, because the 20-year-old came of age during that vast social change known as the “sexual revolution,” she may well be a more knowledgeable and satisfied wife than she otherwise would have been. Still, her mother's troubled reference to the soaring divorce rate is hard to ignore. Indisputably, the increase in premarital sex—particularly for women—during the last twenty years has coincided with a vast increase in the number of marriages that do not succeed. Back in 1953, when Alfred Kinsey published *Sexual Behavior in the Human Female*, a survey of 6,000 women, only 33% of all 25-year-old women had had sex before marriage; by 1975, a *Redbook* poll upped that figure to nine out of ten. In 1980, a study of 160,000 teens across the country conducted by Myron Harris, an assistant professor of clinical psychiatry at New York's Albert Einstein College of Medicine, found that 46% of the girls and 70% of the boys were sexually active by age 18. Furthermore, while as recently as 1967 a Yankelovich, Skelly and White survey for CBS News found that 85% of parents of college-age children condemned premarital sex as morally wrong, the same pollsters found by 1979 that 63% of parents condoned it. In other words, the nicest young bride and groom are statistically (continued on page 134)

By Catherine Houck



# Did it help or hurt marriage?







an exciting  
new series  
**PRIVATE  
LIVES**

What better way to launch this new *Journal* series, which will take you into the homes and personal lives of your favorite personalities, than with a look at the surprisingly "homey" side of Barbara Walters?

# Barbara Walters AT HOME

By Phyllis Battell

**W**hen I saw this apartment it was love at first sight. My daughter and I had lived in a rather dark, homey rental place near Carnegie Hall, and this was a new world—a fireplace, two foot ceilings, bright—I can even see the sunrise if I hang out a window and someone grabs my toes! And it's so spacious. This was very important to Jacqueline, who is thirteen and very conscious of her "space." She's made signs for our rooms. He says, "Nobody Allowed In—Especially You, Mommy." Mine is just "Barbara's Room," and she invades it constantly . . . takes baths in my tub . . . steals my makeup. Jacqueline is five feet nine inches, and talks of being a model. I say, "Over my dead body." I want her to do something so that she can support herself for all time, whatever "for all time" means.

When we moved into this apartment, other people in the building were a little concerned. They knew I had interviewed people like Castro and Arafat and they were afraid of terrorists and kidnappers. But I told them that I was more scared than they were. Besides, I live very quietly and my references were good—they took us in.

The apartment was so expensive to buy that I couldn't do extravagant decorating, so I went to interior designer Angela Donghia with a strict budget. She said, "Can we live on this?" We could—by redoing old things. The library walls are covered with fabric taken from the dining room of the old apartment; the chaise cover is a used tablecloth. And I always hate homes where you have a fit if someone spills a drink or the dog makes a mistake, so all my tables have glass tops, and no room's off-limits to my poodle, (continues)





What would I take if we had a fire? I'd grab my child and my dog! Nothing else in my home is so precious that I'd hate to lose it.

*I don't weep over "things." But I do love this photograph of Jacqueline with Mom. It's hung in one of my favorite feet-up places, the corner of the living area which opens into my dining room. I hate going into homes with gorgeous mother-daughter portraits, then mother and daughter walk in and the illusion is shattered. So I asked Richard Avedon for a photograph, and he made my child the focus, beautiful and tall. Which she is. She has four inches on me.*

*The mirror over the buffet is from a Brooklyn theater. Some may call it schmaltzy, but to me it's nostalgia.*











My poodle (*left*) and my library (*below*) stand for play and work, respectively. Both are my joys!

*Sale Gosse* (the name is loving, derogatory French for "spoiled child"). I think the result is lovely and casual—very casual.

My home is mostly contemporary. The old pieces—silver, crystal, the piano—are my mother's, collected on European trips with Dad. For years I was bratty and wouldn't accept antiques. Silver? Heck no, you have to clean it. Now I love old things, but there is not one piece so precious that if anything happened to it I would brood. We're not materialistic people. Jacqueline will ask, "Am I spoiled?" Of course she is, because I adore her, and her father, who lives close by, adores her. But she's never had the "get-me's."

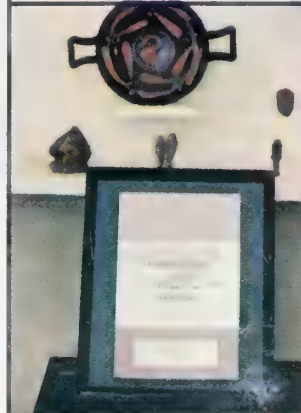
Do you want to know what Jacqueline thinks of *me*? It's very funny. The other day I walked in and she was on the phone telling a friend, "My mommy's afraid to drive, you know. She has no sense of direction so I have to tell her where to go. And my mommy isn't that great a cook. The only thing my mommy *can* do is *television*." So that's her opinion, and it's fine. I was such a serious, intense child at her age. I think it's great that she's confident she can do anything—and her mother's kind of a befuddled clod.

I don't have a lot of patience, and I'm tortured by indecision. When the apartment was decorated, Angelo made most of the decisions. If you ask me, "Should this be pink or blue?" I go numb for hours. Jacqueline is very definite: She wanted a pale blue ceiling for her room, so when we put it in the living room, too, she said it was her great idea. Pastels were fine with me. I'd just gone through that ghastly first year at ABC (1977), my father had died, and all I wanted was to feel *peace* at home. I'd always wanted a canopy bed, and now that's my (*continued on page 120*)

**When my dad produced lavish shows at Lou Walters's Latin Quarter, the famed illustrator Erté designed the stylized costumes. I've collected thirty (opposite page) for Jackie, who barely knew her grandfather.**



**We tried Kate Hepburn's famous brownies. Our cookies (right) are different—and, I think, better. (See recipe on page 122.)**



**The framed note (left) acknowledging "the most difficult interview of my life" is from Fidel Castro. I admit I love that.**

**Jackie didn't like music lessons any more than I did as a kid. But the piano (below) makes a grand place for family pictures.**







How-to's on everything from shampooing to getting the perfect cut. Plus . . . dozens of incredible offers: terrific products and booklets to send for, as well as JOURNAL coupons for fantastic savings at salons across the country.

### For healthier hair

In its natural state, hair is tougher than you think. However, since nearly everyone does "something" to her hair (blow-drying, tinting, perming, etc.), hair needs extra help to stay in good shape. The key is gentle handling. Here are five basic ways to make your hair look better: 1. Avoid over-brushing. 2. Never brush when hair is wet. 3. Be careful when blow-drying. Too hot or too close (less than 4") dries out hair, causes split ends. 4. If towel-

drying, pat gently (vigorous rubbing damages hair). 5. If you use rollers, elastics or barrettes, shift them around. Constant pulling at the same spot may result in tears, tangles, even hair loss.

### Facing the elements

Did you know that the ideal environment for hair is 40° to 60°F. with a humidity level between 57% and 75%, similar to Denver, Colo. in May. Although it's fun to think about "ideals," in reality, none of us remains in one constant atmosphere. In low-humidity situations (air conditioning, steam heat, winter cold), hair loses moisture, dries out. Conversely, in hot humid times, hair absorbs excess moisture and goes in two directions: Fine hair becomes heavy and limp; curly or coarse puffs up and frizzes. To some degree you can control this—by cutting shape, line and volume into your hair (more on next pages) and by making maximum use of the right shampoos and conditioners.

### Heads up! Sensational offers to send for

Here's a great chance for *Journal* readers to get some super hair-care products and save money as well:

**Neutrogena Shampoo.** Mild shampoo for everyday use. For 1-oz. sample, send 25¢ (coin only) to Neutrogena Corp., Dept. JF, 5755 W. 96 St., P.O. Box 45036, Los Angeles, Calif. 90045. Offer limited to one per household, expiring July 30, 1982.

**French Rose Clay Shampoo and Conditioner.** Cleans and moisturizes hair naturally. For 8-oz. shampoo and 8-oz. conditioner—retail value \$7.50—send \$4.50 to Nature de France, 100 Varick St., New York, N.Y. 10013. Offer expires Oct. 31, 1982.

**Klorane Color Brightener Shampoo.** Boost your own hair color with Camomile (for blond), Henna (chestnut), Walnut Leaves (dark) or Centaureas (for graying or highlighted). Imported from France, all contain natural botanical ingredients. For 3.4-oz. size—retail value \$4—send \$1.75 to Pierre Fabre, Inc., 217 Washington St., Carlstadt, N.J. 07072. Indicate your choice of color. Offer expires Sept. 1, 1982.

**Purpose Trio-Pack** (shampoo, soap, skin cream). Super pampering for sensitive skin and scalp. Send \$1 in cash or check to (continued on page 133)

# Journal beauty

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## All about H·A·I·R





## Shampoo and conditioner update

Like brushing your teeth and washing your face, shampooing is something you do practically by rote. But have you ever stopped to think if you're doing it right... is the shampoo

working? Here, guidelines to help you know better when, how and with what to shampoo, plus condition.

- If you have fine, thin hair or are a blonde, you'll probably need to shampoo daily, since soil shows up quickly.
- Normal hair—every 2 to 3 days.
- Coarse or curly hair—5 to 6 days.

No matter how often you shampoo, your hair will be cleanest if you follow these steps: 1. Bend over to increase circulation in scalp. Place a small amount of shampoo in the palm of your hand. 2. Massage gently around hairline and up to crown, using fingertips (never nails). Work under hair mass to avoid tangling. 3. Work shampoo down to the ends, carefully—never fold ends back up to scalp, rubbing and scrub-



bing. 4. Let the force of the water (lukewarm, not hot!) carry shampoo through hair as you rinse. Finish off with a cool rinse (as cold as you can bear). The chill shrinks the outer layer of hair, making it smoother, shinier and more manageable. • You may find that your shampoo tends to lose its effectiveness after repeated use. If so, select two or three different kinds, alternate each time you wash. • It is normal for most shampoos to contain detergent, usually somewhere between 5 and 20 percent. They aren't necessarily damaging to hair, however. They clean by loosening dirt and oil. In fact, some shampoos for oily hair have a higher detergent content. • Ask your stylist for product recommendations for

shampoos and conditioners, particularly if hair is permed or color-treated. • Even if your hair is natural and seems healthy now, you probably need a conditioner to keep it that way. Conditioners are the great protectors. By coating and smoothing outer layer of hair

shaft, they seal in moisture to produce luster and plump up strands (increasing body and manageability). Experiment to find one that works for you. Good place to start—our bargain samples offered on the previous page. • A brief rundown of what you'll find: Instant rinses—usually applied after shampooing, rinsed out. They separate strands to eliminate tangles, tame frizzies; good for most hair types. Deep conditioners—to use once a month—penetrate more, are left on longer; good for revitalizing dry or damaged hair. Hot oil treatments—apply about twice a month on permed, color-treated or damaged hair. • Read product instructions carefully; over-conditioning can make hair dull and limp.

Photographs by Otto Stupakoff. Makeup by Rick Caldwell and Marion Blake.





**Cut for a perm:** A tousled head of curls with extra fullness on top. Hair is permed first for more volume, then cut to follow the new way it falls. Start of a big trend . . . hair is trimmed closer by the ears, left longer in back. Blouse by Cathy Hardwick I. Hair by André Tavernise, Bumble and Bumble Salon, New York.



**Cut for wavy hair:** Romantic and sprightly. Cut into own wave patterns, this style lets wavy hair do what does best—be free! Front is layered for volume; back blunt-cut for swing. Wispy bangs add a jaunty touch. Blouse by Esprit Sport. Hair by Kim Lepine, Artistic Director of La Coupe Salon, New York.

## How to . . . find a good haircutter

"If you spot someone whose cut you like, don't be shy—ask her who does her hair," advises Avram of Vidal Sassoon. "Usually if the same name keeps coming up, you've found someone good." "Another tactic," adds Kim Lepine of La Coupe, "is to meet with several stylists (most salons offer free consultations) and ask questions. If you like their answers, you'll probably like their work. If you're planning a big change, get the best cutter you can afford."

## How to . . . get the best cut

Once you've selected a haircutter, discuss with her or her how much time you're willing to spend on daily care, regular upkeep. Describe your habits. Your job—can you go casual or do you need a more conservative look? Your activities—exercise class, a busy social life—can make a difference in the cut. Bring a magazine picture of what you have in mind, but be open to compromise. Your stylist knows best if that cut will work with your hair and features.

**For LHJ readers only! Exclusive coupons to clip out now!**

## H Perm with all the extras •

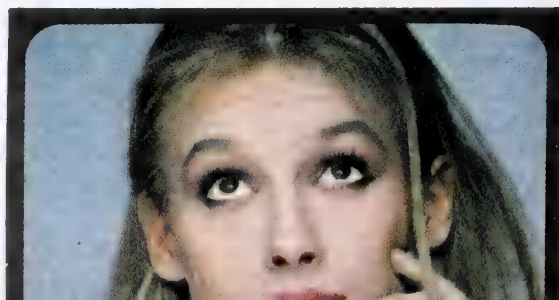
**H**appy days for hair—again! This DIRECTIVES salon coupon entitles *Ladies' Home Journal* readers to a \$55.50-value Directives carefree perm with haircut, shampoo and styling for only \$27.50; and a bonus of 8-oz. shampoo, conditioner and thermal styling lotion or non-aerosol hair mist. Call Monday through Friday.

To find participating salon near you, call toll free (800) 223-0566. In New York State, call (212) 887-9693. Valid through May 29, 1982. Not valid in conjunction with any other coupon or discount or where prohibited by law.

## A Total beauty makeover

**A** beauty of a bargain: This ADRIEN ARPEL coupon entitles *Ladies' Home Journal* readers to a \$50 beauty package at participating salon counters for only \$23. Includes: haircut, shampoo, styling, facial, makeup and free beauty workbook. Call Monday through Friday.

To find participating Adrien Arpel counter nearest you (located at stores with Seligman & Latz salons), call toll free (800) 223-0566. In New York State, call (212) 887-9693. Valid through May 29, 1982. Not valid in conjunction with any other coupon or discount or where prohibited by law.







**Cut for thick hair:** Light and breezy feathering. Hair is cut—layer by layer—close at sides with longest lengths at the crown. Terrific for hair needing shape, or curly hair in need of control. Usually, no perming involved. Blouse by Williwear. Hair by André Tavernise, Bumble and Bumble Salon, New York.



**Cut for straight hair:** A cascade of silk . . . sheer simplicity for fine, thin hair . . . making it look fuller, more dramatic. Hair is blunt-cut all around, except for a softening fringe of bangs. Added bonus: simply wash and wear. Blouse by Esprit Sport. Hair by Avram, Artistic Director of Vidal Sassoon Salon, New York.

## How to . . . recognize a good cut

Your hair looks terrific when you first leave the salon . . . but what about the days after? A good cut should fall into place, look polished all the time. Study cut to see if any odd wisps or obvious chops appear. A good haircut should also have built-in versatility to go easily from sporty to glamorous. If you've asked for a no-fuss cut, daily care should take no more than 10 to 15 minutes. The best cuts grow out evenly, needing a trim in about 5 to 8 weeks.

For terrific hair and beauty looks at spectacular savings!

## Shape-ups for hair •

**I**n the nick of time for summer pleasures, get a breezy new cut or freshen your present style. This REGIS HAIRSTYLISTS coupon entitles *Ladies' Home Journal* readers to \$4 off on a haircut and styling or \$15 off on any perm \$35 and up at all Regis Hairstylists.

Find the Regis salon nearest you, call toll free (800) 328-6782. One coupon per customer. Valid through June 15, 1982. Not valid in conjunction with any other coupon or discount offer or where prohibited by law.

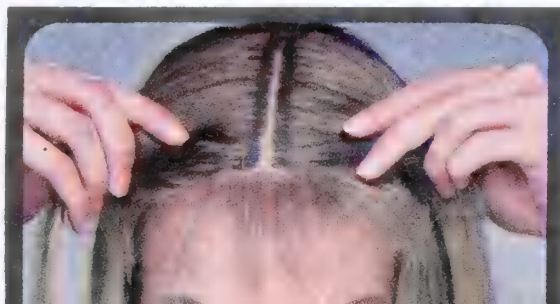


LHJ 5/82

## Great hair coloring •

**R**oyal treatment. This GLEMBY salon coupon entitles *Ladies' Home Journal* readers to 50% off on any hair coloring service on Mon., Tues. or Wed. at U.S.A. participating salons. Appointment must be made ahead of time.

To find the participating Glemby salon nearest you, call toll free (800) 821-2280, ext. 833. In Missouri, (800) 892-7655, ext. 833. One coupon per customer. Offer not valid in conjunction with any other coupon, discount or sale offer or where prohibited by law. Offer valid through June 15, 1982.



LHJ 5/82



# The Art of Cooking with



The Journal explores the world of herbs . . . from basic tips on buying and using . . . to new recipes for ten of the most popular seasonings. For all about growing herbs—indoors and out—see page 42.



## On Herbs

Why do herbs remain so mysterious? By rights, they should be as familiar as first cousins. Even kitchen, whether rustic or space-age, modern, has some sort of spice rack with ten or more herbs. Yet we still treat herbs with awe—like magic potions, sprinkling a pinch of this, a dash of that, to change a dish from





weary to inspired.  
 To give you an  
 understanding of  
 what you're  
 dealing with, here  
 some plain talk  
 about herbs.  
 The shelf life of  
 a herb is only six  
 months to one  
 year. Look at your  
 collection. Have  
 you held onto a  
 little-used herb for  
 five years or more?  
 Our advice: Toss it  
 if the color has  
 faded, the aroma  
 and flavor dulled.  
 A good idea is to



always write the  
 purchase date on  
 the label. It might  
 be cheaper in the  
 long run to buy  
 herbs in small  
 amounts. (continued)

*Basil Salad*, opposite  
 page: Slices of  
 tomatoes, avocado,  
 cheese and red onion  
 with basil dressing.  
*Dill Sauce*, near left:  
 Sour cream spiked  
 with dill, horseradish,  
 chives. Great over  
 vegetables, fish.



# Spice it up...with Herbs



Oregano



Rosemary



Sage

One of the most frequent mistakes with herbs is where they're stored. Most people like to keep them handy for cooking, and set the rack right over the range (heat is an herb's worst enemy). Best place is a cool, dry space away from light.

Don't get stuck in a culinary rut. Try out new seasonings. Get familiar with an untried herb before cooking



with it. Smelling and tasting is the prime test of strength. An herb should enhance, not overpower, the flavor of food. Herbs are not interchangeable: parsley is mild, while tarragon is extremely potent (continued)

**Rosemary Turkey Roll**, left: Dazzle family or guests with this sliced breast of turkey rolled with ham, garlic, rosemary and peppercorns.



# OLE! Enjoy the taste of a Mexican holiday.

Whether you celebrate the coming Mexican holiday Cinco de Mayo (it's like the fourth of July, both-of-the-Border style) or just enjoy good Mexican cooking, let OLD EL PASO® and CAMPBELL'S CHUNKY® make it delicious. You can have a Mexican feast any time of year.

Old El Paso Brand knows Mexican food better than anybody! With all the ingredients and know-how you need to make delicious Mexican food, the Old El Paso way.

Complement that with Campbell's Chunky Mexicali Bean, a delicious combination of tender beans, seasoned just right with a spicy Mexican style flair. Or try hearty Chunky Chili Beef. Both soups are ready-to-serve.

We'll even save you money on the beautiful PYROC® ware Fireside Naturals by Corning shown here. Look for details on Cinco de Mayo displays at your store.

Olé!



PYROC® is a registered trademark of Corning Glass Works, Inc., NY, NY.

TAKE THIS COUPON TO YOUR GROCER

**SAVE 15¢**

On one can of Campbell's  
Chunky Mexicali Bean  
or Chunky Chili Beef Soup

CONSUMER: One coupon per purchase. Good only on product indicated. Consumer pays any sales tax.

GROCER: Redeem on terms stated for consumer upon purchase of product indicated. ANY OTHER USE CONSTITUTES FRAUD. For reimbursement of face value plus 7¢, mail to CAMPBELL SOUP COMPANY, BOX 1690, CLINTON, IA 52734. Failure to produce on request invoices proving purchase of stock covering coupons may void all coupons submitted. Void if taxed, restricted, prohibited or presented by other than retailers of our products.

Cash value 1/100 of one cent.  
Coupon expires May 31, 1983.

51000 150196

STORE COUPON

15¢

TAKE THIS COUPON TO YOUR GROCER

**SAVE 15¢**

On any  
OLD EL PASO® Product

MR. GROCER: To redeem this coupon mail to PET, INC., P.O. Box 1215, Clinton, Iowa 52734. You will be paid face value plus 7¢ handling. Invoices proving purchase of sufficient stock to cover coupons presented for redemption must be shown upon request. Cash value 1/100 of one cent. Offer void where prohibited, taxed or restricted by law. This coupon good only on product indicated. Any other use constitutes fraud. COUPON EXPIRES MAY 31, 1983.

© Pet Incorporated 1982

46000 500986

15¢

STORE COUPON





## COOKING WITH HERBS

continued

Instead of leaping in by spoonfuls, it's wiser to start adding small amounts and measure with your tastebuds. After you've mastered the usual herbs, go on to explore a few of the more exotic kinds, purple basil, savory or lovage (a taste of celery and curry).

● **Fresh versus dried.** The essential oils that give each herb its distinctive taste become more concentrated when dried. And the finer the herb is ground, the more intense its flavor becomes. To figure out how to make substitutions, here's our rule of thumb:  $\frac{1}{4}$  teaspoon dried, powdered herb equals  $\frac{3}{4}$  to 1 teaspoon dried leaves, and  $1\frac{1}{2}$  to 2 teaspoons fresh, chopped herb.

## ROSEMARY

The sea breeze along the rocky coast of Spain and Portugal is rumored to be heavy with the spicy scent of rosemary. This spiky herb's strong aroma is said to be a blending of resinous pine and the ocean itself. The flavor comes from tannin and camphor; it's slightly bitter.

**History:** The name means "dew of the sea" from the Latin *Ros marinus*. It stands for loyalty, friendship and remembrance.

**Uses:** Roast meats, especially pork and lamb, fish, potatoes, stuffings, breads.

**Tip:** The flavor of rosemary is blantly strong. In fact, the dried needles can inject too much flavor if overused in bland dishes.

### ROSEMARY TURKEY ROLL illustrated on page 100

Once you learn to bone a turkey breast (see editor's note or ask your butcher), this recipe is not difficult.

- 1 whole turkey breast (about 4 to 5 pounds), thawed if frozen, boned and halved\*
- 4 small garlic cloves, crushed
- 2 teaspoons fresh chopped rosemary, divided, or  $1\frac{1}{2}$  teaspoons dried, crushed
- 1 teaspoon coarsely crushed black peppercorns, divided
- 8 ounces sliced boiled ham, divided
- 4 ounces sliced bacon, divided

Because boneless turkey breast halves have an uneven thickness, it is necessary to butterfly them. With smooth side down, start where turkey begins to thicken. Cut in half horizontally toward opposite edge without cutting through. Open up meat along hinge; flatten out as best you can with your hand. For best results, it should be  $\frac{1}{2}$  inch thick all over. Repeat with remaining breast half.

Preheat oven to 400°F. Spread half the garlic, rosemary and peppercorns over one breast half; then cover with half the ham slices. Roll up and place on a 12x15-inch piece of foil. Top roll with half the bacon slices. Seal roll in

foil. Place in metal roasting pan. Repeat with remaining half breast.

Bake 1 hour. Open foil and allow to cool 10 minutes before slicing. Cut into  $\frac{1}{2}$ -inch-thick slices. Serve warm or at room temperature. (Can be made ahead to this point. Cover and refrigerate up to 24 hours.) Make 32  $\frac{1}{2}$ -inch slices, about 85 calories each.

\***Ed. Note:** To bone, place turkey breast on cutting surface, skin side up, and start at edge by ribs. With small, sharp knife scrape away meat from breast by following contour of bones. With other hand gently pull meat off as you cut. Stop cutting when you reach "keel" (breast) bone; turn breast and repeat with remaining side. Carefully cut meat away from keel bone. Remove skin by slipping fingers between skin and meat and gently pulling skin away, cutting if needed. Place breast smooth side down and cut in half lengthwise. Cut out the large white tendon from each breast half. Discard skin and tendons.

## BASIL

The most common garden variety is sweet basil, recognized by its smooth, dark green leaves. Among the many other kinds are a lemon-scented basil, a purple-y opal and a larger, lettuce-leaf one. Basil is known for its robust bite. The taste and aroma is clove-like, rich, warm and slightly peppery.

**History:** The name was derived from the Greek word for "king," and it's called *l'herbe royale* in France.

**Uses:** Egg and tomato dishes, salads; blended with oil, cheese and nuts for Pesto; fish, shellfish.

**Tips:** You can freeze basil in plastic bags (wash and dry first). The leaves darken, but flavor stays true.

### BASIL SALAD illustrated on page 98

#### Dressing

- $\frac{1}{2}$  cup fresh basil or  $\frac{1}{4}$  cup fresh parsley plus 2 tablespoons dried basil
- $\frac{1}{2}$  cup olive oil
- 2 tablespoons red wine vinegar
- 1 small garlic clove, peeled
- $\frac{1}{2}$  teaspoon sugar
- $\frac{1}{2}$  teaspoon salt
- Pinch pepper

#### Salad

- 2 medium tomatoes, sliced  $\frac{1}{4}$  inch thick
- $\frac{1}{2}$  small ripe avocado, peeled and sliced  $\frac{1}{4}$  inch thick
- 8 ounces mozzarella or Muenster cheese, sliced  $\frac{1}{4}$  inch thick
- $\frac{1}{2}$  small red onion, sliced  $\frac{1}{4}$  inch thick and separated into rings

**Dressing:** Place all ingredients in blender or food processor. Blend or process until smooth. Chill 30 minutes before serving. Use within 24 hours.

**Salad:** Arrange alternate slices of tomato, avocado and cheese on platter; top with onion rings. Just before serving, drizzle on dressing. Makes 6 servings, about 335 calories each.

## DILL

Whispery, feathery, fragrant dill comes dry, as dill weed (actually just the fine leaves), or in the stronger seed form, known for pickling cucumbers. **History:** Norsemen used dill to induce slumber, lulling babies to sleep. A German custom required brides to carry sprig of dill for luck.

**Uses:** Lamb dishes; vegetables such as potatoes, beets, cucumbers; salmon and other seafood; cottage cheese.

**Tips:** Dill, a flavor enhancer, makes good salt substitute for low-sodium diets. Freezes well.

### DILL SAUCE illustrated on page 99

This sauce is good over cooked green vegetables or fish—and, with a small adjustment, makes an easy crudité dip.

- 1 cup sour cream
- $\frac{1}{4}$  cup milk
- 1 tablespoon chopped chives
- 1 tablespoon prepared horseradish
- 2 tablespoons fresh finely chopped dill or 1 teaspoon dried
- $\frac{1}{2}$  teaspoon salt
- Pinch pepper

Combine all ingredients in small bowl. Chill about 30 minutes before serving. Makes about  $1\frac{1}{4}$  cups, about 25 calories per tablespoon.

**Dip:** Prepare as above but omit milk.

## BAY LEAF

Bay leaves, used in cooking, come from an evergreen laurel tree found in the Mediterranean region. Has a delicious aroma with overtones of balsam and honey.

**History:** The bay leaf, long a symbol of wisdom and victory, has traditionally been made into wreaths to crown poets, scholars and athletes.

**Uses:** Soups, stews, meat marinades. Creole cooking, corned beef, pickling spaghetti sauce. Flavor is subtle but extremely long-lasting.

**Tips:** Look for whole, unbroken leaves with a greenish, not brown, color. Leaves are tough; always remove before serving.

### BAY BEEF KABOBS

Use fresh bay if you can find it.

- $\frac{1}{4}$  cup olive oil
- $\frac{1}{4}$  cup salad oil
- 2 tablespoons red wine vinegar
- 8 fresh or dried bay leaves
- 2 garlic cloves, crushed
- 1 teaspoon salt
- $\frac{1}{2}$  teaspoon pepper
- 1 pound beef top round steak, about 1 inch thick, cut into 12 chunks
- 1 medium zucchini, cut into  $\frac{1}{4}$ -inch slices
- 12 cherry tomatoes
- 12 small mushrooms
- 1 small sweet onion, cut into chunks

In shallow glass dish combine oils, vinegar, bay leaves, garlic, salt and pepper. Add beef; stir to coat. Cover and refrigerate several hours or overnight, stirring occasionally. (continued)





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## CHEDDARY SEAFOOD BAKE

- 1 7¼-oz. pkg. KRAFT Macaroni and Cheese Dinner
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- 1 packet MRS. PAUL'S Create A Sauce Mix
- 8 frozen MRS. PAUL'S French Fried Fish Sticks
- 4 tomato wedges

Prepare Dinner as directed on package except using ½ cup milk. Combine salad dressing and the Create A Sauce Mix; stir into Dinner. Spoon into 1½-quart casserole dish; top with fish sticks and tomato. Bake at 350°, 25 minutes. Makes 4 servings.







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## COOKING WITH HERBS *continued*

Preheat broiler or barbecue grill. Thread vegetables, marinated beef and bay leaves alternately on 12-inch skewers. Broil or barbecue 5 minutes on each side for rare or to desired doneness, basting occasionally with marinade and turning once. Makes 4 servings, about 530 calories each.

### OREGANO

Oregano was almost unknown in this country 25 years ago, but today, it's our top-selling dried herb. The dried flavor is very pungent, described as a mix of peppermint, pine and clove oils.

*History:* In the 17th century, an English herbalist wrote that the herb ought to be planted in a flower garden for its beauty and fragrance.

*Uses:* Popular in Italian, Greek, Spanish and Mexican cooking. Tomatoes, stews, shellfish, salad dressings.

*Tip:* Oregano, noted among herbs for retaining its strong taste in dried, crumbled form, releases even more flavor when ground between your fingertips or pulverized in a mortar and pestle.

#### OREGANO CHEESE LOAF

*Serve with a hearty chef, spinach or Niçoise salad, as a soup accompaniment or with barbecue.*

- 2 cups (8 oz.) grated Swiss cheese
- 1 cup mayonnaise
- 1 tablespoon chopped fresh oregano or ½ teaspoon dried
- 1 tablespoon grated onion
- 1 tablespoon vinegar
- 1 loaf (7-8 oz.) French or Italian bread

Preheat oven to 350°F. In medium bowl combine Swiss cheese, mayonnaise, oregano, onion and vinegar. Cut a lengthwise slice from top of bread and reserve. Pull soft crumbs out of bottom of loaf; fill loaf with cheese mixture and replace top.

Wrap filled loaf in foil large enough to enclose it. Bake 25 minutes. Unwrap and cut into ¾-inch slices to serve. Makes about 15 slices, about 130 calories each.

### PARSLEY

Scattered over many a dish for a touch of bright greenery. In taste, parsley is clean and delicate, faintly peppery, balanced by a green-apple crispness. The flat-leaved Italian parsley has a stronger flavor.

*History:* Parsley means "festivity." It gained wide acceptance at feasts and fetes as a breath freshener. One sprig (when chewed) can fight off the lingering odors of garlic or onions.

*Uses:* A companion herb, parsley enhances and lends subtlety to stronger herbs. When fresh parsley (*continued*)





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## COOKING WITH HERBS

*continued*

is combined with dried herbs such as basil or oregano, the result will be a fresh-picked taste.

*Tip:* Fresh bouquets of parsley keep for up to two weeks in the refrigerator if set in a glass of water and covered with a plastic bag.

### SPAGHETTI GARLIC AND OIL (Spaghetti Aglio e Olio)

- ½ cup olive oil
- 2 garlic cloves, crushed
- 1 pound spaghetti, cooked and hot
- ½ cup (1 bunch) finely chopped parsley
- Grated Parmesan cheese (optional)
- Crushed red pepper (optional)

In small saucepan heat oil. Add garlic and cook over low heat until golden, about 2 to 3 minutes. Toss spaghetti with garlic oil and parsley. If desired, serve with grated Parmesan cheese and/or crushed red pepper. Makes 4 to 6 servings, about 700 calories per 4; 495 calories per 6.

## SWEET MARJORAM

A tender herb grown in most parts of the United States. It's a close cousin to oregano, but has a milder, sweeter flavor with a cool aftertaste.

*History:* Marjoram was a mystery ingredient in love potions concocted by the ancient Greeks and Romans.

*Uses:* Omelets, cheese casseroles, bean dishes, stuffings, meat loaves.

*Tips:* Sweet marjoram makes an attractive hanging planter for your home, sprawling over the edge, then curling upwards.

### MARJORAM PORK PÂTÉ

- ½ pound sliced bacon
- 2 pounds ground pork
- ½ pound chicken livers, finely chopped
- 1 cup finely chopped onions
- ⅓ cup shelled salted pistachios, coarsely chopped
- ¼ cup chopped fresh marjoram or 1½ teaspoons dried
- ¼ cup brandy
- 1 egg
- 1 garlic clove, crushed
- 2 teaspoons salt
- ⅓ teaspoon pepper
- Pinch allspice

Preheat oven to 350°F. Line bottom and sides of 9x5-inch loaf pan crosswise with bacon, reserving remaining pieces for top.

In large bowl combine remaining ingredients; mix well. Spoon into loaf pan and tap gently until settled. Place remaining bacon lengthwise on top.

Cover pan tightly with foil and bake 1 hour. Remove foil and bake an additional 30 minutes. Cool slightly; drain off drippings into cup. Discard fat that rises to the top; return juices to pan. Wrap pan and refrigerate at least 8 hours before slicing pâté. (*Can be made ahead to this point. Remove from pan; wrap and refrigerate up to 3*

*days.*) Makes eighteen ½-inch slices, about 305 calories each.

## SAGE

This worldly-wise herb has a grayish cast, and a pebbly look to its long leaves. The flavor is pervasive.

*History:* The Latin word for sage, *salvia*, means "to heal." Sage was used as a digestive and medicinal plant, a cure-all for everything from mouth odors to bruises.

*Uses:* Turkey stuffings, vegetables, pork, game, fish chowders, cream cheese; unusual in fruit cups.

*Tip:* A bunch of sage is easily dried and pleasant to hang in the kitchen. Before using, pick out and discard any bits of the woody stem.

### SALTIMBOCCA

*Relatively low in calories, this main dish is ideal party fare.*

- 2 whole boneless, skinless chicken breasts, halved
- Pepper
- 8 fresh sage leaves or 1 teaspoon dried
- 4 thin slices prosciutto or boiled ham, cut in half
- 2 tablespoons butter or margarine
- 1 tablespoon salad oil
- ⅓ cup white wine

Place chicken breasts between sheets of wax paper and pound to ¼-inch thickness. Cut each piece in half again; sprinkle lightly with pepper. Place 1 fresh sage leaf or ½ teaspoon dried sage on each piece of chicken. Top with prosciutto or ham slice and secure with toothpicks.

Heat 1 tablespoon butter or margarine and oil in large heavy skillet until butter melts. Add half the chicken and brown over medium-high heat 3 to 4 minutes on each side. Place on serving dish; remove toothpicks and keep warm. Repeat with remaining chicken. Add wine; cook over high heat, scraping up browned bits until slightly thickened. Remove from heat and swirl in remaining butter. Pour over chicken and serve. Makes 4 servings, about 285 calories each.

## THYME

Tiny leaves clinging to woody stems release a pungent aroma when pinched—thyme after thyme. Its taste is often described as refreshingly mint-like. Thyme comes in many varieties, including lemon, orange and caraway thyme.

*History:* Thyme symbolized courage. Although some Roman warriors tried to soak up the strengthening herb via their bath water, many others (including the Benedictine monks) recognized its culinary properties, employing thyme to flavor cheeses and liqueurs.

*Uses:* Chowders, gumbos, sausages, pâtés, bouquet garni.

*Tip:* Thyme is one of the strongest of

seasonings. Use sparingly, a few leaves at a time.

### THYME POTATOES

*Put together in minutes. Easier than scalloped potatoes (and fewer calories).*

- 4 all-purpose potatoes (about 1½ pounds), peeled and sliced ¼ inch thick, divided
- 2 tablespoons chopped fresh thyme or 1 teaspoon dried, divided
- ½ teaspoon salt, divided
- ⅓ teaspoon pepper, divided
- 4 tablespoons butter or margarine, cut up, divided
- ¾ cup beef broth

Preheat oven to 350°F. Grease a 9-inch square or round baking dish. Put in half the potatoes; sprinkle with half the thyme, salt and pepper. Dot with half the butter or margarine. Repeat layering with remaining ingredients. Pour on beef broth. Bake 45 minutes or until potatoes are tender and most of liquid is absorbed. Makes 4 servings, about 210 calories each.

## TARRAGON

Linked to the cuisine of France, tarragon has an unmistakable anise flavoring. Because of this licorice-y taste, French tarragon is very distinct from a second tarragon from Siberia, which is virtually flavorless.

*History:* Tarragon means "little dragon," referring to the twisted shape of the roots. Ancient physicians noticed the slightly numbing effect tarragon produces when chewed, and so asked patients to nibble on it before taking bitter medicines.

*Uses:* Chicken, fish, Béarnaise sauce, omelets, mushroom dishes, fines herbes.

*Tip:* Make terrific tarragon vinegar by putting leaves in quart bottle, filling it with white or wine vinegar and letting it steep 5 to 6 weeks. Strain vinegar; add fresh sprig for identification—and show. In a hurry? Boil vinegar and herbs together, simmer 20 minutes and it's ready.

### PEARS IN TARRAGON CREAM

*This vinegar-laced cream is a highly unusual, but delicious dessert.*

- ½ cup heavy or whipping cream
- 1 tablespoon confectioners' sugar
- 1½ teaspoons tarragon vinegar, divided
- 1 teaspoon fresh chopped tarragon or ½ teaspoon dried
- 2 large ripe pears

In small, chilled bowl with chilled beaters beat cream, confectioners' sugar and 1 teaspoon vinegar until soft peaks form. Fold in tarragon. Chill while preparing pears.

Peel, halve and core pears. Cut into thick lengthwise slices and arrange on serving plates. Brush pears with remaining ½ teaspoon vinegar. Serve with tarragon cream. Makes 4 servings, about 190 calories each. **End**



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## 30-MINUTE MEALS

*continued from page 83*

### MENU

\*ANTIPASTO SALAD

\*ASPARAGUS PASTA

SESAME BREADSTICKS/BUTTER  
SEEDLESS GRAPES

#### Game Plan:

1. Heat water to cook pasta.
2. Wash lettuce, asparagus and grapes.
3. Trim asparagus and pre-cook.
4. Cook pasta.
5. Arrange antipasto.
6. Toss pasta.

### ANTIPASTO SALAD pictured on page 82

- 4 wedges iceberg lettuce
- ½ 7-oz. jar roasted red peppers
- 8 thin slices Genoa salami
- 8 ripe olives
- Bottled Italian salad dressing (about ¼ cup)

Arrange lettuce, red peppers, salami and olives on platter. Serve with dressing on the side. Makes 4 servings, about 105 calories each.

### ASPARAGUS PASTA pictured on page 82

- 1 pound fresh asparagus or 1 package (10 oz.) frozen asparagus spears cooked according to package directions
- ½ teaspoon salt
- ½ pound (3 cups) cavatelli or other macaroni, uncooked
- ½ cup heavy or whipping cream
- 2 tablespoons butter or margarine
- ½ cup (3 oz.) grated Parmesan cheese
- Freshly ground pepper

Wash and trim asparagus. Cut stalks crosswise into thirds. In large skillet bring 1 inch water to a boil. Add salt and asparagus; bring again to a boil. Cover and cook until tender-crisp, about 5 minutes. Drain and set aside.

Meanwhile, cook pasta according to package directions; drain. Combine cream and butter or margarine in same saucepot. Boil until slightly thickened, about 3 minutes. Add pasta, asparagus and half the cheese; toss well and heat through. Serve sprinkled with remaining cheese and freshly ground pepper, if desired. Makes 4 servings, about 470 calories each.

### MENU

- \*GARLIC-HERB CHEESEBURGERS WITH SAUTÉED MUSHROOMS
- FROZEN FRENCH FRIES
- SLICED TOMATOES AND GREEN PEPPERS WITH FAVORITE SALAD DRESSING
- \*PISTACHIO MACAROON PUDDING

#### Game Plan:

1. Preheat oven for potatoes.
2. Wash mushrooms and salad ingredients; set aside to drain.
3. Prepare pudding; refrigerate until serving time.
4. Place potatoes in oven; shape burgers.
5. Slice tomatoes and green peppers.
6. Cook burgers and mushrooms.

## GARLIC-HERB CHEESEBURGERS WITH SAUTÉED MUSHROOMS pictured on page 83

- 1½ pounds ground beef
- Salt
- 2 tablespoons butter or margarine
- ½ pound small mushrooms
- 2 green onions, sliced
- 2 teaspoons Worcestershire sauce
- Garlic-herb-flavored cheese from one package (5 oz.)
- Parsley for garnish (optional)

Shape ground beef into 4 thick patties. Set large heavy skillet on burner. Generously sprinkle salt evenly over bottom of skillet. Add patties; turn heat to medium. Cook until nicely browned on one side, about 5 minutes. Adjust heat if necessary. Meanwhile, in medium skillet melt butter or margarine over low heat. Add mushrooms; sauté 5 minutes over medium heat. Add green onions; sauté 5 minutes longer.

Turn burgers; cook to desired doneness. (Medium burgers are done just as red juices start to appear on top of burger.) Pour ½ teaspoon Worcestershire over each, then top each with a small dollop of cheese. Spoon on mushrooms and onions before serving. Garnish with parsley, if desired. Makes 4 servings, about 575 calories each.

### PISTACHIO MACAROON PUDDING pictured on page 83

- 1 package (regular size) pistachio instant pudding
- 2 cups milk
- ½ cup crumbled soft macaroons

Prepare pudding according to package directions. Stir in macaroons and pour into 4 individual dishes. Refrigerate until ready to serve. Makes 4 servings, about 260 calories each.

### MENU

- \*TURKEY CUTLETS À L'ORANGE
- \*RICE PILAF
- FROZEN PEAS AND ONIONS
- FRESH STRAWBERRIES WITH CRÈME FRAÎCHE OR SOUR CREAM AND BROWN SUGAR

#### Game Plan:

1. Start Rice Pilaf.
2. Wash and hull strawberries; refrigerate.
3. Prepare turkey cutlets.
4. Prepare peas and onions according to package directions.

### TURKEY CUTLETS À L'ORANGE

- 2 tablespoons butter or margarine
- 1 pound thin turkey cutlets
- Salt
- Pepper
- ½ cup orange juice
- ½ cup heavy or whipping cream
- ½ teaspoon ground cardamom or allspice
- ½ teaspoon ground ginger

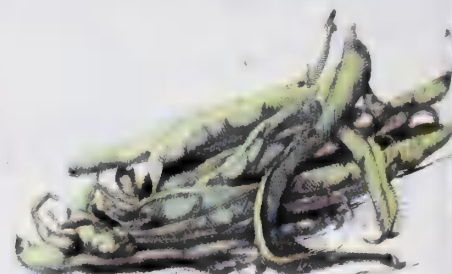
In large skillet melt butter or margarine over low heat. Sprinkle cutlets with salt and pepper. Increase heat to medium-high and quickly brown cutlets on both sides, about 2 minutes per side. Transfer cutlets to heated platter; keep warm. Combine orange juice,

cream and spices; pour into skillet and cook just until sauce thickens slightly, 3 to 5 minutes. Add cutlets to sauce; heat through. Serve with Rice Pilaf (below). Makes 4 servings, about 515 calories each, without rice.

### RICE PILAF

- 1¾ cups chicken broth
- ¾ cup water
- ¼ teaspoon salt
- 1 tablespoon butter or margarine
- ¾ cup uncooked long-grain rice
- 2 tablespoons dark seedless raisins

In small heavy saucepan combine chicken broth, water, salt and butter or margarine; bring to a boil. Stir in rice and raisins. Reduce heat to very low; cover and let cook until liquid is absorbed, 20 to 25 minutes. Makes 4 servings, about 180 calories each.



### MENU

- \*FISH CREOLE
- STEAMED RICE
- TOSSED GREEN SALAD
- CRUSTY BREAD/BUTTER
- ORANGE SHERBET

#### Game Plan:

1. If using frozen fish, remove from freezer.
2. Cook rice.
3. Prepare Fish Creole.
4. Wash greens and make salad.

### FISH CREOLE

- 1 pound fresh or frozen flounder fillets
- 2 tablespoons butter or margarine
- 1 large onion, chopped
- 1 small green pepper, chopped
- 1 garlic clove, crushed
- ½ teaspoon salt
- Dash pepper
- Pinch rosemary leaves, crushed
- ½ teaspoon hot red pepper sauce
- 1 can (16 oz.) tomatoes, undrained
- Hot cooked rice

If using frozen fish, remove from freezer, unwrap and set aside for 10 minutes.

In large skillet with tight-fitting lid, melt butter or margarine over low heat. Add onion, green pepper and garlic; sauté over medium heat 5 minutes. Add remaining ingredients except fish and rice; simmer 10 minutes, breaking tomatoes into small pieces. Loosely roll up fish fillets and lay on sauce seam side down. (If using frozen fish, cut block into 4 pieces and add to skillet.) Cover and simmer until fish flakes easily with fork, about 10 minutes for fresh and 12 to 15 minutes for frozen. Serve with rice. Makes 4 servings, about 285 calories each with ½ cup rice.



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## 30-MINUTE MEALS

*continued*

### MENU

\*HAM STEAK BRAISED WITH SPICED APRICOTS

FROZEN GREEN BEANS WITH PINE NUTS  
REFRIGERATED BUTTERMILK BISCUITS/  
BUTTER

\*RHUBARB SUNDAES

#### Game Plan:

1. Prepare rhubarb sauce; refrigerate.
2. Preheat oven for biscuits.
3. Prepare ham.
4. Bake biscuits.
5. Prepare green beans according to package directions.

### HAM STEAK BRAISED WITH SPICED APRICOTS

- 3 tablespoons firmly packed dark brown sugar
- 12 whole cloves
- ½ teaspoon dry mustard
- ¾ cup water
- 1 (1¼ lbs.) smoked ham steak
- 1 can (8½ oz.) apricot halves, drained

In large skillet combine brown sugar, cloves, dry mustard and water; bring to a boil. Add ham steak and apricots. Simmer 5 minutes. Turn ham; simmer 5 minutes longer. Makes 4 servings, about 410 calories each.

### RHUBARB SUNDAES

- 2 cups fresh or frozen cut rhubarb
- ½ cup sugar
- Generous dash cinnamon
- Generous dash salt
- ¼ cup water
- Red food coloring, if desired
- Vanilla ice cream

In small saucepan combine rhubarb, sugar, cinnamon, salt, water and food coloring. Bring to a boil. Reduce heat; cover and simmer until tender, about 5 minutes. Serve warm or chilled over scoops of ice cream. Makes 1½ cups sauce, about 10 calories per tablespoon. Add 150 calories for each ½ cup serving ice cream.

### MENU

KIELBASA OR BOCKWURST

SPICY MUSTARD

\*HOT POTATO SALAD

BUTTERED FROZEN BROCCOLI

DARK BREAD/BUTTER

FROZEN RASPBERRY YOGURT

#### Game Plan:

1. Wash potatoes; slice and boil.
2. Simmer sausage in water 15 minutes.
3. Make dressing for potato salad.
4. Cook broccoli to package directions.
5. Finish potato salad.

### HOT POTATO SALAD

- 1¼ pounds small, red new potatoes, unpeeled
- 2¼ teaspoons salt, divided
- Water
- 3 slices bacon
- 2 tablespoons salad oil
- 2 tablespoons finely chopped onion
- 2 tablespoons cider vinegar
- Generous dash pepper
- 2 tablespoons chopped parsley

Wash potatoes and slice ¼ inch thick. Combine potatoes, 2 teaspoons salt and water to cover in saucepan. Cover and cook over high heat until potatoes are fork-tender, about 15 minutes; drain.

Meanwhile, in medium skillet slowly cook bacon until crisp. Drain on paper towels and crumble. Add salad oil to bacon drippings; heat and add onion and sauté 2 minutes. Remove from heat; stir in vinegar, pepper and ¼ teaspoon salt. Pour over hot cooked potatoes; add parsley and toss well. Serve hot garnished with crumbled bacon. Makes 4 servings, about 235 calories each.

### MENU

\*MOROCCAN BEEF

MOCK COUSCOUS

(BUTTERED HOMINY GRITS)

\*CUCUMBERS IN MINTED YOGURT

FROZEN WALNUT OR CARROT CAKE

#### Game Plan:

1. Start preparing hominy grits if not using instant.
2. Remove cake from package to thaw.
3. Wash, peel and slice cucumbers; wash and slice zucchini.
4. Start salad; refrigerate.
5. Prepare Moroccan Beef.
6. While beef is simmering, prepare grits if using instant.
7. Finish salad.

### MOROCCAN BEEF

- 2 tablespoons paprika
- 1 tablespoon ground cumin
- ¾ teaspoon salt
- Generous dash pepper
- Dash sugar
- 3 garlic cloves, crushed
- ½ cup water
- 2 tablespoons salad oil
- 1 pound minute or sandwich beef steaks, cut into ¾-inch strips
- 2 small zucchini, sliced

In small bowl combine paprika, cumin, salt, pepper, sugar, garlic and water; set aside. In large skillet heat oil over medium-high heat. Add beef strips and quickly brown on both sides. Add seasoning mixture and sliced zucchini; cover and simmer 5 minutes. Uncover and simmer 5 minutes longer. Makes 4 servings, about 245 calories each.

### CUCUMBERS IN MINTED YOGURT

- 2 cucumbers, peeled and sliced
- ¼ teaspoon salt
- ½ cup plain yogurt
- ½ teaspoon dried mint or 1½ teaspoons finely chopped fresh

In small bowl combine cucumbers and salt; toss thoroughly. Place a plate over cucumbers and weight with heavy can. Refrigerate 20 minutes. Combine yogurt and mint; refrigerate. Drain cucumbers; toss with minted yogurt. Makes 4 servings, about 25 calories each.

**End**

## SCHOOL WENT STRAIGHT

*continued from page 80*

Nationally, Northside High School ranks in the ninety-third percentile—only seven percent of the country's schools are doing better.

Not coincidentally, the cloud of marijuana smoke has vanished. No one lights up on campus, and rarely does someone come to class stoned. Five years ago, marijuana "busts" were almost daily occurrences. Last year, there was only one. "The best thing about this school is that it's cool to be straight," says one Northside junior, her brown eyes amused at the irony. "That's a switch from the way things used to be."

This amazing one-hundred-eighty-degree turnaround is the result of a formula devised by both school and parents. In fact, it has worked so well at Northside, a fully integrated public high school, that a number of schools in states as far away as Nebraska, California and Washington have adopted the formula.

### Crackdown on drugs

The school's transformation began in 1977 when Bill Rudolph, a tall man in his mid-thirties, was appointed principal. An Atlanta resident, he held advanced degrees in educational administration and special education from Georgia State and had been a principal of two elementary schools. He believed in raising students' expectations and developing an atmosphere of mutual respect between teachers and students. He was a man with a reputation for curriculum improvement.

At the time, Rudolph was ambivalent about marijuana. As a boy, he'd been told that pot led quickly to "heroin, madness and suicide," but at college his classmates smoked it without noticeably tragic side effects. On the other hand, marijuana was illegal, and Rudolph believed in the law.

On his first day at Northside, he noticed pungent smoke coming out of the duct in his office, so he went through the school trying to locate its origin. In the performing arts area he found it: Kids were on the rafters blowing smoke into the air-conditioning.

His ambivalent attitude changed in a hurry. From then on, he turned over to the police any student he found in possession of drugs. He sent a note to all parents saying: "If your child is caught with drugs here, I will make two phone calls. The *second* one will be to your home."

For the first few months, the principal served as a policeman. "And I was a tough one," he admits. One seventeen-year-old boy, for example, was seen pushing "angel dust" in the quad-range. When he was

*(continued)*



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Hanging from the belt hooks are: a whistle, a compass that really works, a 4-power telescope that brings the neighbor's cat into view, a flashlight for after dark, and a real canteen. (There's a colorful 20-page Field Guide, too.)

And when the other kids are trailing behind, a good blast on our hiker's whistle brings everyone back to civilization. And cookies.





brought to Rudolph's office, he agreed to a search, and although he was stripped naked, no drug was found. But when he leaned over to pull up his shorts, some packages fell out of his crotch. The police were sent for, and the young man spent several days in a juvenile detention center.

After a few similar incidents, drug use on campus subsided, but the school was still a long way from Rudolph's ideal. In 1978, a drug information group called PRIDE was sponsoring a conference in Atlanta and he urged two mothers, who had experienced some drug problems in their families, to attend.

At the conference, the Northside mothers heard PRIDE'S co-founder, Marsha Manatt, who is from Atlanta, tell how she discovered her thirteen-year-old daughter smoking pot at her own birthday party. Over the previous year, the mother had seen her bright, outgoing child become lethargic and hostile. Her daughter had withdrawn from her family and was doing badly in school. The mother decided to learn everything she could about marijuana, and the more she learned, the more alarmed she became.

She got in touch with the parents of her daughter's friends. They were reluctant to talk about the problem at first, but eventually admitted they were deeply concerned. After a good deal of thought, they laid out a course of action—no drug-taking or alcohol would be permitted, parties were to be strictly chaperoned, curfew would be ten o'clock on weekdays and midnight on weekends, parents would call other houses to check on the kids' whereabouts and parents would greet children when they got home. For any infraction of these rules, children would be "grounded," telephone and visiting privileges suspended, or (in the case of older ones) car keys taken away.

Mrs. Manatt assured the conference that the program had worked and that she now had her "real" daughter back again. Moreover, several other groups had adopted the program with similar success. She ended her speech by saying: "You must trust your gut instincts! You have every right to worry when your child takes any psychoactive, illegal drug!"

The two Northside mothers were excited. That was exactly the way they felt, too. So they went back to Rudolph and suggested an alliance to stamp out drugs, and the principal was delighted. "I realized that parents had been the missing ingredient in my plans to turn the school around," he said.

#### Parental network

One of the mothers, Judy Kiely, organized the first parent group, and twelve families participated. The parents met secretly in the public library so as not to antagonize their children before the program started. They drew up a set of rules similar to Mrs. Manatt's and agreed to support one another staunchly in carrying them out. Later, other Northside parents began organizing and several dozen groups like the Kiely one were formed.

At first, the children were furious. They insisted their rights were being trampled. "It's like a concentration camp here," insisted one boy. But eventually they went along with the rules because everybody else did. "It was impossible for your kid to say: 'But so-and-so is allowed to come home later,' because we knew it wasn't so," says Mrs. Kiely.

While the parents were setting up the new rules, they were also trying to find out more about drugs. They were surprised to discover that the (continued)

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scientific community in the last several years had done an almost complete about-face on the effects of pot. Even the American Medical Association, which earlier had seen no cause for alarm, now called marijuana a "dangerous drug," especially for teenagers.

The parents learned that cannabinoids, the psychoactive chemicals in pot, build up in fatty tissues, and some of them may remain in the body as long as a month. Some studies have shown that heavy marijuana use in males lowers the level of the testosterone hormone, possibly inhibiting muscle development and contributing to facial pallor and stunted beard growth. In females, chronic use of marijuana may affect menstruation and fertility and present a danger to unborn children. Researchers have also discovered that heavy marijuana smoking may be significantly more damaging to lungs than cigarettes. The parents, of course, did not have to be told that pot dulls the cutting edge of the user's intellect and memory. They had seen what happened when their children took drugs.

The parents, however, found that their growing concern was not shared by many of the professionals who dealt with their children. When Rudolph sent a boy in trouble with drugs to a psychologist, the doctor told the young man: "There's nothing wrong with grass. Just don't smoke it in *that man's school!*" A meeting with "experts" from a public agency broke up in disarray when parents found themselves being lectured about the "responsible use" of pot by teenagers. A pediatrician told one family: "Your biggest danger is in overreacting. Be glad it's only marijuana."

But a pro-pot attitude wouldn't be tolerated at Northside. Knowing that some of his teachers smoked marijuana, Rudolph made it clear that they shouldn't give students the impression that they approved of drug-taking. Furthermore, he said he expected them to report any suspicions of drug use by their pupils.

#### Demystifying drugs

To explain the dangers of drugs to students, the school required them to take a drug course once a week for eleven weeks as part of their science studies. Teachers focused on the physiological aspects of drug-taking, and the subject matter was kept up to date. According to Rudolph, the purpose of the course is to demystify drugs, "To give the kids sound scientific information, as opposed to street knowledge."

In addition to working on the drug

problem, Rudolph tightened up overall discipline. He organized detention hall for those who came to class late or committed other minor infractions of the rules. For each violation, students had to stay thirty-five minutes after school, just sitting, looking ahead and not talking. They were not permitted to read or do homework. "Detention is pedagogically perverted and educationally unsound," comments Rudolph, "but it works."

The school could not afford to staff the attendance office sufficiently to curb truancy, so parents volunteered to take turns working there. When a student was absent, someone would call home immediately to find out the reason. "One day my son was home with a sore throat, and I got three calls within an hour checking on him," says Rosellen Amisano. "I couldn't have been more delighted."

Rudolph, who is married and the father of a 12-year-old girl, also tried to involve the students in his program to improve the school. He requested the student government to research the honor codes at area schools and to create one for Northside. Student committees now act as a type of grand jury, screening complaints about cheating and deciding which ones deserve further review. "If a code were imposed by the administration, it wouldn't have a chance of success," says Rudolph. "If students do it themselves, it seems more livable and fair."

When the school's discipline and drug problems seemed under control, Rudolph got on with his real goal: improving the school's academic standing. He had always believed that he couldn't attack drug usage in isolation. "You have to give students something to take its place," he says. What he gave them was, in his words, "more liver and onions, less dessert."

First, he created a committee to revise the curriculum—upward. In addition to the bare three-hundred-and-fifteen-credit program needed for graduation, students and parents were

~~~~~

#### REQUIESCAT

By Louise McClenathan

*Time now to lock the door  
Against old dreams,  
Put up a sign that reads  
"This heart is private property—  
"No trespassing—keep out."  
Yet on a summer's morn  
The lingering doubt  
Yearns for a thief to come  
With strength of old,  
And steal the heart  
Before the days grow cold.*

~~~~~

given a choice of five meatier courses plans that better prepared students for higher education. Since then, enrollment in serious studies has increased dramatically—twenty-five percent in foreign languages, fifty percent in chemistry and three hundred percent in physics.

Rudolph believes that involving the parents in course selection was crucial. "Parents by and large want the best for their kids, and they went along with our ideas," he says. "In fact, it was as though they were waiting for us to take the lead." The school also began mailing progress reports directly to the parents every three weeks and assigning lots of homework—roughly two-and-a-half hours each night, five nights a week—and counting it for twenty percent of the final grade in each subject. As for the teachers, Rudolph tried to reduce their bureaucratic tasks, such as meetings and paperwork, so they could spend more time with students and class preparation.

#### Instilling school spirit

At the beginning, students resented all the work. But the school administration tried to create an atmosphere associating status with good grades. Now, once a quarter, an honor assembly is held for students with averages of B+ or better. Many students also went along with the notion that tougher academics would make it easier for them to get a post-high-school education. "I didn't like all the pressure at first," says one girl, "but by the end of the year, I realized it had helped me get what I wanted most—acceptance at the college of my choice."

While improving academics, the school also tried to spark interest in extracurricular activities. For instance, special dances were held just for younger students so they wouldn't be influenced by the more blasé upper classmen. "I really wanted to get all dressed up and go to the prom, but I didn't want to be thought square," explains one girl. To instill school pride many teachers made a point of dressing in purple and white, Northside colors, before the Friday football games. "If they're for it, we're for it," says one senior. "Now it's not a bad thing to be spirited for Northside."

In Rudolph's first year, only twenty-five kids showed up for spring football practice. But the coach spent the following fall and winter encouraging students—and not just the biggest beefiest ones—to try out for the team. The next spring, eighty kids were out on the field. "You have to heighten self-esteem so students feel good about themselves and are willing to take a few chances," says the principal.

Rudolph's willingness (continued)



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to take a chance on Northside has certainly paid off. While he quickly acknowledges that marijuana has probably not been completely eliminated from the school, he feels the pressure to use it is no longer powerful. In fact, one girl who graduated last year told him: "Thanks for making it easy *not* to take drugs."

In part, Rudolph thinks he succeeded at Northside because his policies were consistent. The faculty administration were careful to distribute punishments evenhandedly as well as to reward deserving students. Kids who did well, not just academically but in after-school or community activities, might be praised over the school's intercom or receive congratulatory letters. "You can't leave out that part of the equation," he says.

Basically, however, Rudolph believes that the changes at Northside were possible because most students were receptive to doing good. "The vast majority of young people are looking for structure and unambiguous relationships with adults. People like to please people—it's human nature," he says. "At first, they didn't know how to do that because policies were so ambiguous. We supplied the uniform structure. It's just a good excuse for the kids to behave."

Perhaps the most telling accomplishment is the change of attitude among students who had been heavy drug users. Dale (not his real name) started "doing dope" at fifteen and a year later was smoking five or six joints a day. "I skipped classes constantly and if I went to one I was usually stoned," he says. "But the teachers were sympathetic and never called on me."

#### Ripple effect

At first, he and his friends rebelled against the stepped-up discipline. "We did everything we could to fight back," he says. "We had confederates in the attendance office and elsewhere, and we tried every trick to get around the rules." Gradually, though, Dale found himself pulled into doing what his parents and the school wanted because it was "too much of a hassle to do otherwise."

Today, Dale is a sophomore at a community college. He's trying to make up for all the courses he lost in high school so he can transfer to a pre-med college course. "I lost two years of my life horsing around with drugs just to please 'friends,'" he says. "If I hadn't I'd be in a four-year college now." He says he's proud of his family's struggle to save him. He only wishes they'd done it sooner. (continued)



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### Key Lime Pie

(Makes one 8- or 9-inch pie)

- |  |  |
|--|--|
| 1 (8- or 9-inch) baked pastry shell, cooled                                  | ½ cup ReaLime® Lime Juice from concentrate |
| 3 eggs, separated*   | Few drops green food coloring, optional    |
| 1 (14-ounce) can Eagle® Brand Sweetened Condensed Milk (NOT evaporated milk) | ½ teaspoon cream of tartar                 |
|  | ½ cup sugar                                |

Preheat oven to 350°. In medium bowl, beat egg yolks; stir in Eagle Brand, ReaLime and, if desired, food coloring. Turn into shell. In small mixer bowl, beat egg whites with cream of tartar until soft peaks form, gradually add sugar, beating until stiff but not dry. Spread on top of pie; seal carefully to edge of shell. Bake 12 to 15 minutes or until golden brown. Cool. Chill before serving. Refrigerate leftovers.

**Tip:** For a lighter filling, fold 1 stiffly beaten egg white into filling mixture; proceed as directed.

\* Use only Grade A clean, uncracked eggs.



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The successful efforts of Northside parents, such as Dale's, created a ripple effect in the community. Three of the mothers gave a seminar on teenage drug abuse to fifty doctors at a local hospital and received a standing ovation. "My colleagues really had their eyes opened," says one doctor.

A mother of a private-school boy heard about Mrs. Kiely's group and went to her for help. Her son had wrecked the family car when he was high on Elavil, a powerful, mood-elevating drug. Another time, he started walking home from a neighbor's house but was so spaced out he fell unconscious into a snowbank, where he might have died of exposure if his parents hadn't found him. With Mrs. Kiely's encouragement, the mother organized a parent group among her friends, and her son now seems to be off drugs.

Eventually, the original Northside mothers joined other networks to form Unified Parents. That organization now serves as an information clearinghouse for parent groups around the country.

Rudolph's efforts have also received wide attention. He's traveled to several states telling educators what happened at his school. He thinks he was ineffective at Northside because he had supportive superintendent of schools and because he was new and didn't have to explain the school's mess. "Educators don't like to admit their school has a problem any more than parents like to admit their kids take drugs," he says. "But you can't accomplish anything if you sweep it under the rug."

From his travels, Rudolph is convinced that the problem is not just Northside or Atlanta. "It's the whole United States," he says. "We may be raising a nation of potheads." He's also convinced that the teen-age drug problem won't be solved until parents get actively involved. "They're the key," he insists. "They've got to start taking charge of their kids again." **End**

For information about organizing a parent group to help get teenagers off drugs, write to:

► *Unified Parents of America*, Box 27585, Atlanta, GA 30327

► *National Federation of Parents for Drug-Free Youth*, P.O. Box 722, Silver Spring, MD 20901

► *PRIDE (Parent Resources and Information for Drug Education)*, University Plaza, Georgia State University, Atlanta, GA 30303

► *Families in Action*, 3845 North Druid Hills Rd., Suite 300, Decatur, GA 30033

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favorite place to read, eat, do my homework. Jackie and the dog flop there to watch TV.

This is a very female household, with very traditional values. I'm not much of a feminist. My child grew up loving dolls, as did I, and I'm not about to take that away from her and say, "Here, have a truck." We always have fresh flowers, and cookies and candy. My professional life doesn't intrude here, because who cares? I'll always remember calling home one night after ABC had put on my interview with Begin and Sadat, preempting a movie. Jackie answered the phone, and she was furious. "It's unfair, Mommy," she cried. What's unfair? "I was watching my program, and just before it ended they took it off and put *you* on!" She never did find out how that movie ended.

### Balancing fame and family life

The entrance to the Upper East Side Manhattan apartment is a foyer with crystal chandelier and mirrored walls. "My major expense was the mirrors," Barbara says. They reflect a glowing, slim, trim Walters who, at age 50, looks younger than she did a decade ago on *The Today Show*. She *should* look good, she says. "I had professional makeup and a hairdresser for these pictures. On assignment I don't look that good. When I travel, I do my own hair, my own makeup, catch-as-catch-

can. People write and say, 'You look tired.' Then on my specials, great care is taken with lighting and all, and I get letters asking where I got my facelift. I haven't had a facelift—who'd have the time? Mind you, I've always wanted to have my nose fixed. I'd love a cute, turned-up nose."

But there's more to Barbara's youthful demeanor than just lighting and mirrors. "I've worked so hard all my life, moved around so much, seen money come and go. I'm really just now beginning to be easier on myself and enjoy my life."

The new feeling of relaxed freedom is apparent in every room of the apartment, "the first place I've ever owned." In the mostly white living room, with its high, beamed ceiling, "Every chair and sofa is for sinking into." Sunlight from huge windows shafts across ivory-bleached parquet floors and an earth-toned Oriental rug, soft pastel abstract paintings, plants and flowers, including her favorites, anemones. A giant-sized decanter of trendy but tasty jelly beans on a glass coffee table is for dipping into. "Sure, I eat too much," Barbara says, "and I don't sleep enough—on planes, I sleep. And I never exercise—I hate it, *hate* it. People say they exercise and feel better. I do it and feel awful. I don't do anything right."

Barbara's big, unfancy kitchen with six-burner iron stove and walls painted rousing orange is the domain of "Ike," a jolly Jamaican cook-housekeeper. She joined the Walters clan in

1973, as did "Zelle" (short for Mademoiselle), a French governess and Lady Friday. "That was the year was doing both *The Today Show* and *Not For Women Only*—with a toddler. And I can cook just about enough so you won't starve! I yelled, 'Help,' and Ike and Zelle arrived. I tell you," says Barbara, "I come home to the sweetest family imaginable." Says Ike of Barbara, "She's not a bit fancy. She's a ways in a hurry. She eats on trays. Wherever she is, if you put down a tray—whether it's pot roast or frank and beans—she eats." But sometime Barbara concocts the family's favorite Chocolate Macaroons, because "anybody can make those." (See Barbara Walters' recipe on page 122.)

Barbara often eats off a tray in the book-lined library. It is in this pretty eggshell-hued room with a small desk, an eight-extension phone, bentwood rocker and sofa covered with a fothrow, "for quick catnaps," that she edits her own ABC specials on a TV tape-playback machine. "I'm a wonderful editor. That sounds terrible, but I just do have an instinct for it. The only time I can make quick decisions is when I'm editing." In every other aspect of life, Barbara insists, she can't. It's a predominant trait of her astrological sign, Libra. "I'm so bad," she says, "that years ago, after covering a story in France, I tortured myself trying to decide whether or not to trade in my first-class plane ticket for one in tourist—so that I could use the money I saved to see a therapist about my indecision. But I didn't do it. Because I knew I'd never be able to decide which doctor to go to."

### Keeps mementoes of trips

It's in the library, with a vast collection of books, that she keeps mementoes of her trips. But not many. "I never have time to sightsee or shop," she explains. Hanging on one wall are tiny oil lamps from Israel's West Bank and an ancient Judean rock inscribed to her by Moshe Dayan (after she interviewed him, Dayan and his wife became Barbara's close friends), artifact from Egypt ("the one place I yearn to return to on vacation"), and a jeweled necklace from Jordan's King Hussein. "I told him that I'm not permitted to accept a gift worth over twenty-five dollars, and he said, 'That's all right—it's not real.'"

Where are all her awards? "In the basement," Barbara says crisply. "I don't mean to put them all down, but awards are too easy to get. If you're 'celebrity,' you can spend your life going to dinners and getting awards—just for showing up. If you don't come they give it to someone else."

Barbara has a firm sense of what is deserving and what is (continued)



*"As long as you're going to take a shower, would you wash the bibb lettuce?"*



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Dept. L, PO BOX 23, New York, N.Y. 10046





not. "I'm a perfectionist in my work, although I was never particularly career-oriented or ambitious. I'm certainly not courageous," Barbara says. "I mean, I write letters asking for interviews. I don't make phone calls."

### Prima donna image

Most of Barbara's work involves a great deal of effort and preparation, and yet she says she has been "battling for years an image of being a prima donna with a limousine. I have no limousine. I don't get dressed up; I just go to work. I'm not someone 'special.'" Barbara keeps her professional life, as much as possible, out of her home. "I'm very much aware of my public image," she frowns, "and it's not me. Nobody carries my luggage."

Proof comes in the fact that it is only in the hall leading to the back bedrooms that the pictures that reflect her professional records are displayed: autographed photos of Barbara with presidents, show business stars, chiefs of state. The place of honor, at the head of the hall, is entirely devoted to Jacqueline's school drawings and essays.

It's clear where Barbara Walters' priorities lie. "I used to die when I'd have to leave my child and go on as-

signments. I think every mother feels that. Women who say there's plenty of time for it all are women who don't have children. These days when I ask Jacqueline if she minds when I leave, she says, 'Oh, no, I wouldn't want you to stay home all the time.' And last Christmas she gave me a bottle of something called 'Guilt Away.' You're supposed to spray it on, and everything's fine. But absolutely nothing works on me.

"For instance, I always rush back home the moment an assignment is over so I can have dinner with Jacqueline. But the last time I did that, what happened? She wouldn't talk to me, because she wanted to have dinner with a friend. I said, 'Your friend can have dinner here,' and she answered, 'No, her mommy wants her home.' So I said, 'Well, your mommy wants you home.' And she just looked at me and said, 'You're a regular Mommie Dearest!'"

Laughing, Barbara admits, "If you ask me if thirteen is a terrible age, my answer depends on what day you ask."

As she moves quickly around her lovely apartment, it is obvious that Barbara Walters is learning to balance her professional and personal lives. "From childhood, I felt the problems of the world were on my shoulders, but I'm much easier on myself today than I ever was. I am still very much aware

that I'm a woman who may have to support myself and a family for years to come," she says. "But now I'm at a stage in my life where I've seen so many big tragedies, heard so many sad things, that little problems are no longer important. There is a realization that there will always be ups and downs—I have those—but if I have my health, and people I love around me nothing else matters." **EW**

### CHOCOLATE MACAROONS pictured on page 93

- 1 can (14 oz.) sweetened, condensed milk
- 4 squares (1 oz. each) unsweetened chocolate
- ¼ tsp. salt
- 1 tsp. vanilla extract
- 2 cans (4 oz. each) shredded coconut
- ½ cup chopped nuts

Preheat oven to 350°F. Generously grease two large cookie sheets. In top of double boiler combine condensed milk, chocolate and salt.

Cook over hot, not boiling, water, stirring frequently until chocolate melts and mixture thickens, about 15 to 15 minutes. Remove from heat. Add vanilla, then coconut and nuts. Mix well. Drop by rounded teaspoonfuls one inch apart, on cookie sheets. Bake 10 minutes or just until cookies are set. Remove at once with spatula to sheet of wax paper; let cool. Makes about 3½ dozen.

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New Chicken Style Gaines-burgers<sup>®</sup> with real chicken.





# DECEPTIONS

When Stephanie and Sabrina trade places,  
their deception takes on a life of its own.

Conclusion of this intriguing new best seller. By Judith Michael

*In Part One, Lady Sabrina Longworth and Stephanie Andersen, beautiful identical twins, were touring China together when they conceived the daring plan of exchanging their lives for a week. Sabrina returned to Evanston, Illinois, where Stephanie's unsuspecting husband, Garth, and their children, Penny and Cliff, waited expectantly. Stephanie assumed Sabrina's role in London, where Sabrina owned Ambassadors, an exclusive antique shop.*

*Stephanie thought that Sabrina led a glamorous life, surrounded by fascinating people. In fact, Sabrina was struggling to recover from an ill-fated marriage to Denton Longworth, a wealthy playboy. With the help of Alexandra Martova, who commissioned Sabrina to decorate her home, Sabrina was re-established in society. But she still had problems with Rory Carr of Westbridge Imports, who*

*may have sold her forgeries for Ambassadors. A man named Ivan Lazlo allegedly owned the company. Sabrina had met him years before, with Denton, on a yacht owned by the mysterious Max Stuyvesant. Sabrina's old friend, Michel Bernard, warned her to be careful.*

*At first the switch went smoothly. Stephanie's family accepted Sabrina without suspicion, and Sabrina found contentment. She also found she was very attracted to Stephanie's husband.*

*But then, one beautiful day, the family went on a picnic. Sabrina was riding a bicycle when she saw a truck bearing down on her. She swerved to avoid the truck, then skidded. The golden day went black. Sabrina's wrist was broken, and as she lay in the hospital, she wondered what she and Stephanie would do now.*

**W**hen Stephanie's plane landed at Heathrow Airport it was almost ten o'clock at night. She had traveled for sixteen hours and by the time she was settled in a taxi, bound for Cadogan Square, she was exhausted.

The door to Sabrina's house opened just as she reached it. "Welcome home, my lady!" Mrs. Thirkell beamed. "You have been missed. You'll find a small repast in the

dining room; I made your favorite trifle. Will you go up first, or straight to the dining room?"

"I'm really too tired to eat, but the trifle sounds wonderful. I'll have something now, and then perhaps tomorrow morning you will indulge me with breakfast in my room."

Mrs. Thirkell served breakfast at the small table by the bedroom window. "What will you be wanting this week, my lady?"

"I'm very tired, so I'll be staying in.

And not doing any entertaining."

"And you won't be going to Ambassadors, my lady?"

"Not for a few days."

Stephanie was hungry, and ate everything. Then she began trying on Sabrina's clothes.

It was like having free run of a designer shop: silk underthings, cashmere sweaters, dresses, evening gowns and jewelry locked in a velvet-lined chest.

She called Ambassadors. "I'm a



bit under the weather," she told Brian. "If there's nothing urgent, I'll stay home a few days. What day would you like to take off?"

"Thursday, if that is satisfactory."

"Perfectly." On Thursday she would go in to check Sabrina's mail. She had just said good-bye to Brian when Mrs. Thirkell announced Princess Alexandra.

Alexandra walked in behind the housekeeper, tall, blond, striking. Stephanie recognized her as a character from the pages of Sabrina's letters.

"I'm having a small birthday party in your honor at my house tomorrow night," Alexandra said. "A welcome home party. Don't argue, just show up in casual finery at eight." She blew Stephanie a kiss and was gone.

She opened the mail—a cornucopia of invitations. To Stephanie they were overwhelming. But Alexandra's invitation, she realized, was her one chance for a party this week. One party.

When she walked into Alexandra's salon she was elegant in one of Sabrina's confections—a full-length emerald taffeta skirt and a satin blouse with tiny rhinestone buttons. Guests surrounded her with smiles, kisses and birthday greetings. She tried to match faces with Sabrina's descriptions.

"Sabrina, you look wonderful," someone said in a low voice. "No worries in China?"

She turned, and saw a small man with bright eyes in a pleasant face—exactly the way Sabrina had described Michel Bernard.

"What should I worry about in China?" she asked.

"When we got your letter we were afraid your news might spoil your trip."

With no idea of what he was talking about, she felt her way cautiously. "What did you think of my letter?"

"We thought it took courage to write it. Not many experts would admit having been taken in by a forgery. But it helped us. Not the stork as much as the false names on the certificate you sent. Some of those names have been used more than once. We won't be ready to publish before November. That could help you, don't you think? Especially if you're going to get the stork back from Olivia Chasson. Or don't you think she would keep your secret?"

"I don't know."

"If we can do anything to help—"

Stephanie was dizzy. "You could tell me what you've found," she said desperately.

"Since we talked last? Mostly confirmation of what we already told you. But it's not a bad idea to go over the whole story; how about Monday?"

"Not Monday." Monday morning she would be on her way to meet Sabrina in Chicago. Monday afternoon Sabrina would be flying back to London. "Can't we talk this weekend?"

From the time Garth brought her home from the hospital, all Sabrina could think of was calling Stephanie, but Garth hovered over her, and Penny and Cliff danced about

trying to be useful. By eight o'clock her eyes were closing. Garth carried her upstairs.

"If you're in pain, or need anything tonight," he said, "I'll be here."

He was up before she awoke on Sunday morning. He and the children stayed nearby for the rest of the day.

She felt defeated. In a few hours Stephanie would be leaving for Heathrow Airport. Somehow Sabrina had to warn her, give her time to think about how she would handle the crisis.

She went to bed that night; dozed, slept, woke when Garth came to bed, then forced herself to stay awake, watching the clock. At two A.M. she slipped out of bed and crept down the stairs to the breakfast room and found the telephone in the dark.

Stephanie came on the line. "Sabrina! I was just getting ready to leave. Is anything wrong?"

Rapidly, Sabrina told her about the accident. "I fractured my wrist—it's in a cast. I had to warn you so you could think about it on the plane. What to do."

"Stephanie, if you tell him right away, you could work it out."

"Sabrina, he'll say we made a fool of him. How do I make that right?"

Sabrina slumped in her chair. When Garth discovered that he'd been trying to patch up the problems of his marriage with a woman who was not his wife but his sister-in-law, that they had played a monstrous joke on him—

"I can't tell him," Stephanie said. "Why couldn't we fake it?"

"Fake—?"

"I'll wear a cast and no one will know the difference."

"Stephanie, my whole side is black and blue, and I have a cut on my forehead."

"Oh." Stephanie suddenly wanted to curl up and forget everything. In the dark silence minutes passed.

"Stephanie?"

"Sabrina, I can't do it. Please help me! I can't face him. I can't tell him."

"All right." Sabrina took a deep breath. "I'll talk to him this morning."

"No! Just stay there. Could you do that? Stay until the cast comes off? Would it be very long?"

"Dr. Nat Goldner said four weeks." Sabrina's thoughts were racing. *How can I stay? This is not my life.*

"Well, I could come back then. No one would ever know." Stephanie's voice was pleading. "Just four more weeks? Then no one would be hurt."

"Wait." Sabrina's headache was pressing against her eyes. "Stephanie, I don't know how I can manage four weeks . . . with Garth."

But inside Sabrina a knot unraveled. *I'll have a family for a while longer.*

"Stephanie?" Garth's voice.

Sabrina cupped her hand over the phone. "I have to go; Garth is awake. Call me later, about ten my time."

She was standing at the refrigerator when Garth came into the kitchen.

"Is anything wrong?" he asked.

"I was suddenly ravenous. Which probably means that I've recovered."

"I wish you'd wakened me."

She smiled, to ease the worry in his eyes. "I wanted to let you sleep. But now that you're here, let's have a snack together."

By the end of the week Garth remarked that Sabrina looked better.

"I feel better," she said.

"Good," he said. "Since you're doing so well I'll go to the conference."

"Conference?"

"October sixth. Tomorrow. Berkeley for a week. Good Lord, did I forget to tell you?"

*A whole wonderful week, she thought. No need for excuses in bed.*

Later, lying beside Sabrina in the dark bedroom, he said quietly, "I don't want to go to this conference. The past week has been so good, I've felt we were learning to know each other after being far apart. Stephanie? Has it been a good week?"

"Yes." The quiet evenings, their talk and laughter, her sense of being connected to a family. It had been a very good week.

He slid his arm beneath her neck, and pulled her to him. "I want to know you again. Begin again." His lips brushed her cheek. "Hold fast to our good times and build on them. My love," he said, and his mouth covered hers.

She lay taut and frantic, her mind in a turmoil, swept by the waves of happiness and depression that had battered her for days.

*Stop him . . . get out of bed. Push him away. Tell him . . . what? That he can't do this?*

*He is a husband in his own bed.*

With her fingers she felt the bone and muscle of his shoulders, the smooth skin of his back, and realized she was embracing him. She pulled away.

*We can't, we can't . . .* But his body moved against hers, demanding and already familiar, and she felt herself letting go into dark languor and the desire that swept in heavy waves through the hunger of her body . . .

*You must not do this.* The cold thought made her wince. But her body, uncontrolled by the tumult in her mind, helped him. She stretched the moment out, the feel of his strength upon her, then finally, she pushed him away.

"No more," she whispered, torn by the pain of loss and guilt. She longed for him and she was ashamed, and turned her head away.

A few nights later Sabrina called her sister.

"Stephanie, Nat says he'll take X-rays on the twenty-second. He thinks I'm healing fast."

"The twenty-second? That's only a week away."

"Ten days. What do you mean, 'only'?"

"I mean, it seems so soon."

"Garth's been in Berkeley all week. I'm meeting him at the airport in an hour. I just wanted you to know about the date. October twenty-second. Call me soon so we can talk."



**And who was she? A woman in love with her sister's husband.**

Stephanie was in Ambassadors when Michel Bernard called from Paris. "Sabrina, we think that Ivan Lazlo, who fronts as the owner of Westbridge Imports, and his salesman Rory Carr, store smuggled national treasures in the Westbridge warehouse. But it seems they also dabble in forgeries on the side."

"But who really owns Westbridge?"

"Ah, that's our mysterious Mr. Big. We're trying to identify him. If you hear any trade gossip that might apply, please call us here in Paris."

**G**arth returned from California like a schoolboy rushing to his first love, remembering Sabrina's warmth during their phone calls, remembering that they had made love the night before he left. But he found his wife's warmth muted, her wariness intact. Gradually she withdrew to the friendly distance she had maintained since her return from China.

It was Wednesday before he caught up with his work at the university and had a chance to go through his mail. One letter was an invitation from Horace Kallen, president of Foster Laboratories, to visit Stamford on October 23. Next Tuesday. He scribbled a note of acceptance.

His telephone rang. Lloyd Strauss, vice president of the university, wanted to see him.

Strauss was riffling through papers on his desk when Garth came in. He looked up and smiled.

"What would you say to the directorship of our new Institute of Genetic Engineering?"

Garth's eyes flashed. "When was the decision made to build the Institute?"

"Recently."

"Lloyd, I've been trying to get that Institute for five years, and the answer has always been that there's no money. That's one of the reasons—"

"That you're considering Foster Labs," Strauss said.

How did he know?

"Have you visited them yet?"

"Next week."

"When they show you their stuff, you might compare it with this." He unrolled a set of blueprints. "Plus the director's salary, around sixty thousand, and any classes you want to teach. Calls for a drink; what will you have?"

"Scotch."

"Fine. We'll celebrate your new position."

"Wait a minute. I'm going to Stamford next week. On Thursday or Friday I'll give you my answer."

"And if I have to know before that?"

Garth hesitated. "I want the Institute, Lloyd; I hope I can take it. But I must visit Stamford."

"Oh. I understand, Stephanie."

"This is something I owe her. I'll give you my answer next week."

Sabrina woke to the racket of Penny and Cliff in the kitchen. Saturday morning, October 20. Monday would be the 22nd—the day Nat would X-ray

her wrist and if everything looked good, take off the cast.

There wasn't much more time. Garth was sleeping on his side, his face a few inches from hers. Dear Garth! He was gentle and loving when she was cold; giving her time, as he had promised, to find herself.

And who was she? *A woman in love with her sister's husband.*

She felt his arm around her waist. He pulled her to him and kissed her forehead, the corners of her eyes, the tip of her nose. Within her a tight knot loosened, and desire flowed through her . . . insistent, warm and heavy. She opened her lips and kissed him deeply, drinking him in.

Tears stung her eyes, and she pulled back, shaking. "I can't do this!" she cried. "I can't, I can't."

"What on earth is the matter with you?" Garth roared.

"I'm sorry," she said.

After a moment he said, "It's all right."

**N**athan Goldner snapped the X-ray film into place on the illuminated panel. "Couldn't be better," he said. "Now let's get that cast off."

That afternoon Stephanie called. "Sabrina, how are you?" Her voice was a little breathless. "How are Penny and Cliff?"

"Wonderful," Sabrina said.

"How is Garth?"

"Fine. He's fine. He's spending more time at home and that makes Cliff and Penny happy. We're all . . . fine."

There was a brief silence. "I was wondering," Stephanie said, "if maybe when Garth got back from California he might have wanted to make love. Sort of a welcome home."

Sabrina felt uneasy. "Is that what he used to do?"

"Yes. It's all right, you know." Stephanie's voice trailed away, and Sabrina suddenly understood. She wondered who the man was.

"Sabrina, how many times have you and Garth made love?"

"Once," said Sabrina, her guilt rushing back. "The night before he went to California. I couldn't avoid it. But it . . . it didn't mean anything at all."

"It did to Garth." Stephanie curled up on the chaise longue in Sabrina's bedroom. Her voice was soft. "You can make love to Garth all you want, Sabrina."

"I don't need to have you offer me your husband," Sabrina replied coldly. "It happened only once; it won't happen again."

"Sabrina, don't be angry. I'm sorry . . . I didn't mean—" She was speaking rapidly. "I'm going away . . ."

You're what?

"Just for a few days, Sabrina. I've met someone exciting and enormously wealthy." She laughed nervously. "He wants me to go on a cruise in the Mediterranean on his yacht."

Sabrina thought, *That's why she forced me to say Garth and I had made love. She wanted the excuse.*

"You've been on cruises," Stephanie said. "But this is my only chance."

"A last fling? Who's the man?"

"Max Stuyvesant."

"No!"

"He's changed," Stephanie said. "Even Alexandra says so. She says he's mellowed, like a ripe pear. I've been decorating his house from top to bottom, the way you did Alexandra's. We're friends. It's only a few more days. Anyway, Nat hasn't taken the final X-rays, has he?"

*She knows the X-rays were today; she wants me to lie.*

"Ah, no, he hasn't. He changed it to the end of the week."

"Well, then. Everything's fine, isn't it? Sabrina, don't be angry. I know I'm going back to take care of my children and try to work things out with Garth, but I can't picture myself at home yet. I will have your help, won't I, Sabrina?"

Sabrina was crying. "Yes, any way I can."

**T**here were three women waiting in the president's reception room when the limousine pulled up at the executive headquarters of Foster Laboratories in Stamford, Connecticut.

The women shook hands with Sabrina, casting sidelong glances at Garth, who was younger and more handsome than expected. When he was whisked away by their husbands, they concentrated on Sabrina. Rather quickly they made it plain that they saw her as an unsophisticated outlander, lucky to be invited to a place in the cultured East. But Sabrina deftly handled them.

Much later, in the limousine taking them back to the Plaza Hotel in New York, Sabrina described the encounter. "I didn't do you any good," she said. "But if you've already decided—"

"I haven't," Garth said shortly. They made the rest of the trip in silence.

When they were in the hotel room he spoke abruptly. "I don't want the job."

"Why not?"

Garth eased the cork out of a bottle of champagne and filled two glasses. "Because the only subjects my hosts talked about were dollars-per-research-hour, return on investment, the market. Because to them gene splicing is a product, like a new cereal. Because what I want to do is research and teach."



The room was hushed. A doorway led to the bedroom, where a single lamp illuminated the bed. They had not been alone, away from the children, for five weeks.

He spoke quickly. "I've been offered the directorship of the Institute of Genetic Engineering at Midwestern. It's to be built this spring."

"Garth!" Her eyes shone. "That's wonderful—it should have been your first reason for turning down Foster."

"The pay is about two-thirds of what Foster offers. I know how worried you've been about money—Stephanie, I love you. If you ask me to take the Foster job, I will."

"I don't want you to take it." Sabrina put her hands over her face, and let the tears come. "I love you, too," she said.

They walked to the bedroom and undressed each other, hurrying, touching the bared skin as children explore a new discovery. He gathered her into his arms, the warmth of her body merging into his. They held each other, treasuring their desire, for now they knew it would be fulfilled. At last he bent his head to her uplifted face and kissed her.

"My love," he murmured. "My dearest, newfound love." The room was bright from the luster of her body, and he knew that in rediscovering his wife he had discovered light and life.

"Yes," she said.

*These are our years together, our hours. They are all we have.*

**T**hey were flying home and Sabrina suddenly realized that Stephanie was on Max's yacht until Saturday. Sabrina would stay in Evanston just a few more days. On Monday she would meet Stephanie at the airport in Chicago.

*It will be over.* The words echoed through the excited greetings of Penny and Cliff; echoed through the sizzling of the steaks Sabrina broiled for dinner.

*It will be over* echoed through Garth's words, telling her to get on the telephone. It was an overseas call; someone named Brooks Westermarck wanted to speak to her.

And then the echo stopped as Brooks's voice, from the other side of the ocean, began heavily, "Mrs. Andersen . . . Stephanie," and went on to tell her they had just heard the news that Max Stuyvesant's yacht had exploded and gone down in the Mediterranean about eleven-thirty Chicago time. Everyone on board, including her sister, Lady Sabrina Longworth, had been killed.

The room darkened around Sabrina. The crash of the falling telephone brought Garth and the children running. She remembered Garth cradling her, and with his other hand picking up the telephone to talk to Brooks, his voice level, making arrangements.

She struggled to pull away. "It wasn't Sabrina!" she said. "It wasn't Sabrina who died."

"Ssh, love," Garth whispered, "just hold me; you don't have to face it yet."

"But it wasn't Sabrina, it wasn't Sabrina—" And then the tears came,

wrenching sobs. "Not . . . Sabrina . . . who died." Until Nat Goldner came, with a hypodermic needle.

Thursday was a blur of faces and voices. The telephone rang steadily. Garth took care of everything.

*Garth is the center of my world, she thought. I have to tell him as soon as we settle down.*

**M**ourners came early to the Kensington cemetery. Sabrina was watching her sister's coffin, her own coffin, settle into the grave as the vicar spoke.

"Lady Sabrina Longworth, vivid with life, brought us laughter and joy."

A light October mist drifted from the Thames, touching the mourners with chill fingers. Sabrina shivered. Behind her Alexandra stood with Antonio, tears streaming down her face. Jolie held hands with a stony-faced Michel.

They were all there, standing behind a stunned Brian and Mrs. Thirkell, clutching a wet handkerchief to her face. Sabrina felt the strength of Garth's arm around her shoulders.

"Earth to earth, ashes to ashes, dust to dust." The vicar looked at her, telling her it was time to throw the first handful of earth on the coffin. Everyone was waiting. The first handful of earth. *This is your last chance to tell them. Tell them now. You can't put it off any longer. TELL THEM!*

A long shudder ran through her body and Sabrina fell to her knees beside the grave. "It's not Sabrina!" she cried. She heard gasps behind her. She looked pleadingly at the vicar. "It wasn't Sabrina who died, it was Stephanie! Or perhaps it was both of us, sometimes it seems that . . . Sometimes I feel like Stephanie, but I'm not, I'm Sabrina, I've always been Sabrina. I've only been Stephanie since we—"

"Stop, my love." Garth was raising her, his arms holding her tightly. "I'm going to take you home."

Brooks and Olivia Chasson had arranged the funeral, and now at Cadogan Square the lunch guests they had invited filled the house. Sabrina moved among them, pale and aloof. She said very little, and so, while keeping watch over her, Garth listened to those around them talk about the accident.

No one knew what had caused the *Lafitte* to go down, but the rumor was that the fuel tanks had exploded as the yacht left the Monte Carlo harbor.

Nicholas Blackford was at Sabrina's elbow. "I'd like to talk to you about Ambassadors," he said. "Lady Longworth and I had talked about a partnership. How long will you be staying in London?"

In an instant Sidney Jones was there: Sabrina's solicitor, who had handled her divorce and drawn up her will. "I can arrange an appointment," he said. "I would be present, of course. And I have already spoken to Mrs. Andersen about her sister's estate."

*The whole thing, Sabrina thought, I left to Stephanie Andersen. I've left everything to myself.*

But a spark of curiosity had been

aroused. Stephanie had talked to Nicholas about a partnership? What else had she done, besides getting involved with Max Stuyvesant?

"What I would like," said Garth, "is a Scotch."

"I'll get you one," Sabrina said, glad to have something to do. She hurried away.

"Restless," Nicholas said to Garth. "The two of them were so close in China I can't imagine them apart."

*China?* Garth pondered. *What is this man talking about? They weren't together in China . . .*

"They did have the time together, though," Garth said, probing.

"Right. Two whole weeks. Sabrina told me all about it. Mysterious ways, the fates work."

Garth was silent and thoughtful as his wife came up with a bottle and a glass with ice cubes.

"I only brought one glass," she said. "Nicholas, if you'd like some—" She looked into Garth's face. "What's wrong?"

"Nothing. Where did you locate the Scotch?"

"In the study upstairs. I . . . Sabrina kept a few bottles there. Something is wrong."

Nicholas fidgeted, alarmed by hints of a domestic squabble. "Perhaps I'll get myself a drink. If you'll excuse me."

Garth poured whiskey into his glass. "Nicholas was telling me how close you and Sabrina were in China."

Her face froze. "Yes. I meant to tell you about it, everything, but so much has been happening, and I kept putting it off . . . I was going to tell you tonight, when we were alone, but we can do it now if you want."

Her voice was a monotone of such despair that he was alarmed. "You don't have to tell me anything."

That night, as they lay in bed, Sabrina said she wanted to stay in London for a few more days. Garth offered to stay with her, but she urged him to go home.

"My mother is here, and all my . . . Sabrina's friends, and Mrs. Thirkell—if I need help, they're all here. The children need you, and you shouldn't miss any more classes or lab work."

On Monday, as Sabrina put her key in the door of Ambassadors, her mother said, "I hope you don't sell this place. Even if you and Garth could use the money."

"I'll keep it," Sabrina said. "I'll work out something with Nicholas Blackford. He's interested in a partnership."

By the next day she had another reason for coming to Ambassadors. It was her only private place. At home the telephone rang constantly. Alone in the dim quiet of Ambassadors, she went through the account books and files, reading letters and scanning catalogs that had come while she was away.

Alexandra walked in. "Mrs. Thirkell gave away your hiding place; you don't mind my invading your privacy?"

"Of course not. I'm not getting much done anyway."



**These are our  
years together,  
our hours.  
They are  
all we  
have.**

The bell over the front door rang as a tall man, gray-haired, came in. "Mrs. Andersen?"

"Yes. But the shop is closed. If you'll come back next week—"

"I'm from Scotland Yard, Mrs. Andersen." He showed his identification. "Detective Sergeant Thomas Phelps. I've come to talk to you about the death of your sister."

Sabrina led the way into her office. Somehow they had found out that she was Sabrina. She wouldn't be able to tell the story in her own way after all. Everyone would learn about it from the police, reporters, gossip columnists . . . and Garth would hear about it when the police called—to tell him his wife was dead. In London society it would be a scandal; at home in Evanston there would be pain and anger and tears.

"My God," cried Alexandra, looking at her face. "What is it?" She glanced at Phelps. "If you think I should leave, honey—Stephanie—"

"I'd like it if you stayed."

Phelps opened a notebook.

"Mrs. Andersen, we're investigating the explosion in which Lady Longworth died. We have learned that she flew with Max Stuyvesant and two other couples to Monaco on October twenty-fourth. At approximately four-thirty the next day they boarded Mr. Stuyvesant's yacht, the *Lafitte*, and left the harbor. When they were about two miles out—the yacht exploded and caught fire."

As Sabrina shrank back, Alexandra moved over to sit on the arm of her chair. "Are all these details necessary?" she asked.

"I'm afraid so," Phelps consulted his notes. "Two days ago the yacht was raised. What the police found was a large hole in the side of the *Lafitte* in the area of the staterooms; nowhere near the fuel tanks. So the tanks couldn't have caused the explosion. We think, in fact, it was a bomb set to go off in a stateroom."

"But that means they were murdered," Sabrina said.

"It seems likely, ma'am. So we're trying to discover if Mr. Stuyvesant or his guests had any enemies. Now I'm not suggesting that Lady Longworth had enemies, but we received information from two writers—Michel Bernard and Jolie Fantome—that Mr. Stuyvesant was the owner of a company called Westbridge Imports. They also said that Lady Longworth occasionally bought—Mrs. Andersen."

But Alexandra held her, and kept her from collapsing.

*They were after me. Because I knew about the forgeries.*

"I have a few questions," Phelps said gently. "First, did Lady Longworth talk to you about Max Stuyvesant?"

"Only that she was going on a cruise with him."

"Michel Bernard told us there had been a falling out between Stuyvesant and the people at Westbridge Imports. Did Lady Longworth ever talk to you about Westbridge? Or Rory Carr or Ivan Lazlo? Buying from them?"

"She mentioned Carr occasionally," Sabrina said, "along with other salesmen and dealers. I don't think she bought from Carr lately."

They were silent. *Well, she's lying about something*, Phelps thought, *but damned if I know what*. He closed his notebook.

"We're looking for Carr and Lazlo," he said, "and no doubt we'll know more when we find them. Do you know anything else you think might help us, ma'am?"

"No," Sabrina said wearily. When they found Rory Carr he probably would implicate her, but she could do nothing about it now.

**T**he nights were the hardest times—the slow, quiet hours when Sabrina was alone, thinking of Stephanie and aching for Garth, her thoughts skipping between her two worlds. And each night, at ten, Garth called. Penny and Cliff were with him in the dinette, clamoring for the telephone.

"When are you coming home?" they asked, and finally, Sabrina had an answer.

"We're leaving on Saturday," she told Garth. "I'll fly to Washington with my parents, and then to Chicago on Monday."

"Monday," he said, passing the news to Penny and Cliff; and Sabrina heard their shouts of delight.

She was going home to tell the truth. And then they would hate her. They would turn away from her. She couldn't even tell them she loved them. They wouldn't want her love.

On Friday afternoon she told Nicholas she was going to America for a few days. "I'll be back soon. I'm keeping the shop closed, and I've told Brian the same thing I'm telling you; I will make no decision until I talk to both of you. Until then, nothing is to be done with Ambassadors or my house. Is that clear?"

But she was gentler that night when she told Mrs. Thirkell that she would be back soon. "This is your home, Mrs. Thirkell. I want you to keep it in good order until I return."

**S**abrina flew home with her parents, said good-bye to them at Dulles, and boarded a plane to Chicago. In her mind she rehearsed what she was going to say to Garth.

*I have something to tell you. These last few weeks when you thought I was . . . You see, last September, in China, Stephanie and I decided, for a lark—Stephanie and I decided to change places for a week.*

When they landed she walked with the other passengers to the waiting area and scanned the crowd.

"Mom! Here we are!"

"Mommy!" Penny flung her arms around Sabrina. "I'm glad you're back. I don't like it when you're gone."

Cliff reached up to plant a vigorous kiss on her cheek. Stunned, Sabrina stared at them. "Why aren't you in school?"

Cliff grinned. "Dad said we could stay out to meet your plane. Aren't you glad to see us?"

Sabrina nodded. But this wasn't the way she had rehearsed it. It had never occurred to her that Garth would bring them along.

"Speechless with delight," she said, kissing them. "And surprise."

"Make some room, you two," said Garth, and when he took her in his arms and held her close Sabrina felt the shape of her bones fit into his. "Hello," he said. "Welcome home."

She looked at the strong lines of his face and the glow in his dark eyes. In that moment, enclosed in his arms, her face against his chest, hearing his heart beat, she knew that she could never tell him the truth. She could never tell him he had been tricked into loving a woman who was a fraud.

*Then stay. Live with his family—my family. Stay. This is home.*

But the thought did not make it so.

When Sabrina unpacked that night she discovered that Mrs. Thirkell had filled her suitcase with Lady Longworth's clothes. She slid into the familiar four-poster bed, waiting for Garth, remembering the hours of longing that had filled her nights in London. And then he was beside her, gathering her into his arms.

"My sweet love," he murmured. "This bed grew emptier and wider with each night you were not in it."

His hands moved over her slender form, and hers answered along the harder lines of his body. Their lips spoke against each other, murmuring, making small wordless sounds, while their eyes met. When they came together, it was with the incandescence they remembered: joy and delight; the intensity of pleasure given and received, a sense of belonging, of coming home. They were strong in what they could give each other; they were more vulnerable, without shame, in what they needed from each other.

Wonderingly, Garth gazed at her beauty. "You fill the room with light," he said.

Sabrina traced the lines of his face with tender fingers. "I remember a poem, it says, 'Love makes one little room an everywhere.' That's what I've found in you."

"What we have found," he said. They lay still in the lamplight, holding hands.



**S**now fell on the morning of November 20, a light dusting. Garth turned up the furnace, Sabrina helped locate missing gloves and warned Penny and Cliff about slippery sidewalks. When they were gone, she stood at the front window, finishing her coffee. The seasons were changing, and they had been too happy to notice. Loving, living together with no holding back for the first time since she had returned from China. Trusting, joyful, alive.

*Because my sister is dead. And someday the truth will catch up with us and destroy us.*

The telephone rang. Garth was calling from the university. "My calendar reminds me I have a meeting in New York in December. The third through the sixth. I want you with me."

"Yes, I'd love to," Sabrina said. "Would you mind if I went on to London from there, to take care of some business?"

There was a perceptible pause. "Of course not. How long will your business take?"

"I don't know. But I'll probably stay on a bit, once I'm there."

Sabrina was on the third floor, at Stephanie's desk, when Cliff shouted from downstairs. "Telephone, Mom! From London!"

It was Michel Bernard, with news that Scotland Yard had arrested Ivan Lazlo and Rory Carr for planting the bomb on Max Stuyvesant's yacht.

"It has nothing to do with Ambassadors," he said. "It all comes down to a quarrel with Stuyvesant over the forgeries. He said they could be discovered, which would lead to exposure of his smuggling operation. Carr and Lazlo thought he was planning to get rid of them, so they struck first."

"It wasn't Sabrina—it was Max they were after?"

"That's what I'm telling you."

Now there was no obstacle to her returning to London. She needn't fear personal danger, nor damage to the reputation of Ambassadors or Sabrina's memory. There was no longer any reason for her to stay in Evanston.

That night she and Garth made love as they had learned to in these last weeks; slowly, leisurely, as if all the time in the world was theirs, savoring each urgent moment as they came wondrously alive, still exploring, still learning what they could give and share and take from each other.

Early Monday morning they packed for the New York trip and said goodbye to Cliff and Penny at breakfast.

She smoothed Penny's curls and straightened the strap of her jumper. "I'm going to miss you—" Her voice broke, and she turned away.

"Mom," said Cliff, "could you get me a suit of armor while you're in England?"

She laughed shakily. "I'll find you something."

Penny gripped her with both arms. "Don't stay in England long." She dropped her voice to a whisper. "Dad

said not to nag you, but you won't stay long, will you?"

Sabrina kissed Penny's cheek. "I don't want to leave you at all. I love you, my Penny. Don't ever forget that. And I'm proud of you. You are my very special girl."

"Mommy, don't cry," said Penny. She began to pat Sabrina's shoulder. "You'll be back soon. Don't cry."

Cliff gave her a quick hug.

"Take care of Penny and yourself, will you?"

"Okay. Bye, Mom. Have a good trip." He kissed her cheek.

She wiped her eyes. "I'll send you both presents as soon as I get there," she said.

**T**he streets of New York were slick with rain. Garth was giving a lecture at Columbia and then meeting his wife back at the hotel.

The lecture room was full. Garth's name was a magnet. He looked at the sixty faces before him, alert and expectant, and began to speak.

It was almost four-thirty when he paused and said, casually, "I want to talk now about immortal antibodies." A stir went through the class; the phrase caught their imagination, and the inflection in Garth's voice told them it was something big.

"What we are working on," Garth said, "is the ability to make the human immune system immortal." The story took half an hour to tell. Garth launched into a summing-up.

"We've compared a number of DNA nucleotide sequences through several generations and so far they've been identical in every respect. With identical cells, there is, of course, the problem of distinguishing the original from the copy." He stopped. The words echoed in his mind: *Distinguish it from a copy. Original. Copy. Distinguish the original from—Identical. Copy. Identical. Original. Copy . . .* "It wasn't Sabrina who died." A funeral. "I'm Sabrina . . ." China.

*The copy can be determined from the original.*

"Professor Andersen has another appointment." Another professor was at his side—where had he come from?—bringing the lecture smoothly to a close.

He had to get out of there to walk, to think. He could be wrong. He had no proof. But he was certain she was Sabrina.

**I**n the hotel lobby he slowed his steps. But it was only when he was in the crowded elevator, stopping at every floor, that the full impact hit him. His wife was dead.

Outside the door to their room, he leaned against the wall. Cold tremors ran down his legs and arms and crushed his chest. His breath came in gasps. From the other side of the door Garth heard the telephone ring and heard it answered. She was there. Waiting for him. He put his key in the door and went in.

Sabrina was curled up in a chair by

the window. She looked fragile and vulnerable.

Sabrina saw the set of his mouth and the deep lines of his face. And she knew that he knew the truth.

She was frightened, but she also felt a strange sense of relief. She had wanted him to find out, she wanted to leave with the truth between them.

Garth walked stiffly to a floor lamp and turned it on. "No shadows. We've had enough of shadows, haven't we Sabrina? . . . Sabrina!"

"Yes."

His body spun about, and he strode the length of the room and back. "What was it, a game? You wanted to play housewife for a while and needed an instant family? Life was dull in London so you told your rich friends to hold the fort while you dabbled in genteel poverty?"

"Garth, stop it, stop, please stop, it isn't true—"

"And the stuffy professor does tricks sits up and begs for Lady Sabrina Longworth while she plays him for a fool. The greatest fool of all time."

"Please, that isn't—"

"Now why would the Lady Sabrina do that? What did she want? Just to play housewife? Probably not. She wanted something more. What could that be?" He perched on the arm of a sofa near Sabrina. "Could it be that she wanted to show up her sister at being a housewife? She'd already beat her at everything else—money, success, freedom, lovers. . . . Oh, my God. . . ." His voice trailed away and he stared vacantly at his hands, opening and closing them. "Stephanie is dead. My wife is dead. You let me bury my wife and you never told me what I was doing."

"I told you! I tried to tell you I was Sabrina!"

He began to pace again. "You did. Now that is true. How hard did you try? How many times? How soon after the news came of her death?"

As he heard himself say it, he flinched and his body froze, while a jumble of images tore through his mind: Penny and Cliff laughing, their upturned faces filled with trust; Stephanie trembling within the curve of his arm. . . . No, damn, it, no—not Stephanie; Stephanie was dead. He had comforted Sabrina and watched the Vicar bury his wife. "My God, you took that telephone call, you flew with me to London, you spent two days before the funeral weeping prettily and never told us, never told us she was dead."

"That's enough! How dare you!" She leaped up and stood beside the window, her head high. "How dare you imply I was not really mourning my sister? How dare you accuse me of taking her place to show her I was better than she was? I wasn't better, I never thought I was. We were the same. We were part of each other and I loved her more than anyone in the world. I loved her more than you did—at least I cared about her as a person and not just as a wife. I wanted her to have love and attention, and you gave her neither, you were so wrapped up in yourself you barely



**He could be  
wrong. But he  
was certain  
she was  
Sabrina.**

looked at her for years. Oh, Garth, I'm sorry, I don't mean that. I know it was more complicated than that, things are never so simple between two people. . . . But I loved her so, and I miss her, and we never intended any of this, we thought it would last just a week."

"We? What are you talking about?" Pacing the room, he touched each piece of furniture as if they were the only solid objects in a shifting world. "Stephanie would never be a part of a filthy trick . . ."

"How else would we manage to change places?" She looked through the cold window at the lights of the city, distorted by the rain. "We never expected it to last more than a week. Stephanie felt she had to get away for a few days, to think about problems with you, worries about money, about the job in Stamford—"

"Did she broadcast all our intimacies?"

"Of course not. But she needed to get away, and so did I. There were pressures in my life, too, problems I had to think about."

"We thought we could look at our lives from a different angle, understand ourselves better—and then we'd change back. I told Stephanie I wouldn't make love to you, and she said it happened so seldom—"

His face darkened. "But you did, didn't you? And my God, weren't you good at it? That was quite an act you put on! And I believed it, fell for it—"

"Don't you understand? I fell in love with you. I tried not to. And then, when I realized it, I wanted to go back to London right away, but Stephanie wanted to go on a . . . but my wrist wasn't healed and we were afraid if we changed then you'd discover—"

"Where did Stephanie want to go? Before she came home to me and the children?"

"It doesn't matter."

"God damn it, don't treat me like a child who can't be told the truth. Where did she want to go?"

"On a cruise."

"With whom?"

"A group of people."

"In other words, she'd found someone else."

"Garth, what difference does it make? She's dead. She loved you and the children, she wanted to come back and make your marriage a good one, and then she was killed. Nothing else really matters."

"Nothing else matters. Isn't that convenient? Is that how you live with yourself? I'll tell you what matters: three goddamned months. Three months of lying to two children who loved and trusted you. Three months of lying while I explained away your behavior and believed you were trying to reshape our marriage. Three months of smiles and kisses and some remarkably passionate lovemaking. Three months of a deception—and how much longer were you going to play your deception? Until the novelty wore off?"

"That's not fair," she whispered. "It was over."

Her knees gave away. She moved shakily to the sofa. "You know I was flying to London from here. I was going to tell you tomorrow that I couldn't live with you any more, that I didn't think we could make our marriage—"

"Not ours, lady!"

"I'm trying to tell you what I was going to say. That I didn't think we could make our marriage work and I was going to stay in London."

"After that remarkable faked loving, after such a good job of acting that you really succeeded in making us a family—" His voice caught and he had to stop for a minute. "After all that," he went on huskily, "you were going to say it wouldn't work."

Her hands were cold and stiff; she tucked them into her armpits. "I never faked anything, or acted with you and Penny and Cliff. Everything I felt for you was the truth. I love you and we had a wonderful marriage."

"We had no marriage at all. What kind of monster are you that you would profit from your sister's death?"

Sabrina broke. Sobs wracked her body and she curled into a ball on the couch, her face in her hands. Garth tensed in his chair, wanting to hold her and comfort her, but despising her, despising himself.

"Get up," he said, his voice empty. "And get out of here. I can't bear to look at you."

She walked blindly to the bathroom and Garth heard the splashing of water. In a few minutes she came back, her face washed and deadly pale.

"Sabrina Longworth is dead," she said. "She died when the *Lafitte* went down. I'm someone different now; I don't even know who. I was going to London as Stephanie, so no one would ever know what had happened. I was going to keep it a secret, and I will, for the children, unless you decide to tell the truth. But that will be your decision. Because either way I've become someone else."

She pulled on her coat. "I want you to know that I love Penny and Cliff. They are so dear to me, their love meant so much to me . . . I didn't pretend with them, it was so wonderful to love them and know they loved me—" She bent her head and waited until she could control her voice. "And I love you, my darling. I know you don't want to hear it, but you are my life, all I ever hoped I might someday find. It was all wrong, I know; I did a terrible thing to you, and I knew from the beginning that it never would end well."

Garth's face was averted, his forehead resting on his hand. "Get out," he said. He was crying. "God damn it, get out and let me mourn my wife!"

**M**rs. Thirkell had just returned from the market, maneuvering her dripping umbrella and packages through the door when the cab from the airport pulled up.

"Mrs. Andersen!" she cried, and stood in the pouring rain, holding the door open while Sabrina paid the driver and ran into the house. "Oh, I am glad

to see you! Where is your luggage?"

"I have none. When you bring tea, Mrs. Thirkell, please bring the mail and today's *Times*."

"Yes, ma'am."

Sabrina climbed the stairs to her room. When Mrs. Thirkell brought in the tea tray, she stood uncertainly.

"Mrs. Andersen, may I ask—Will you be staying long? Or entertaining? Or have you come back to sell this house?"

"I'll be staying permanently, Mrs. Thirkell." The words were sharp blows. "I hope you will stay with me, as you did with my sister."

"Oh, I will, there's nothing I'd like better. But . . . your husband, ma'am? Your children? Your home in America?"

"This is my home," said Sabrina, dismissively. "The children are with their father and in school, where they belong. Perhaps this summer they'll join me here."

**I**n the morning, on her way to Ambassadors, Sabrina planned the first day of her new life. But first she had a promise to keep. At Peter Dale, in the Royal Arcade in Pall Mall, she browsed among antique suits of armor. "Not an entire suit," she explained to the owner, "but something smaller."

"One moment, I have it." He had known Sabrina, and after offering his sympathies he brought out a small shield brilliantly decorated with a griffin protecting a castle keep. It was perfect, and Sabrina imagined Cliff hanging it on his bedroom wall, to remind him he once had a mother who loved him.

At Falkiner's she put together a collection of artist's papers for Penny, and at Winsor and Newton she bought one of their largest boxes of oil paints. Then, caught up in her vision of Penny's delight, she stopped at Collet's for a set of Oriental brushes and ink sticks.

Sabrina returned to Ambassadors, set down her purchases, and told Brian to wait a moment. She disappeared into her office and returned with a sealed envelope. "All of this goes to this address."

A shield, art supplies, a letter.

My dearest Penny and Cliff: I think of you and I miss you, and every time I close my eyes I see you very clearly.



I can't reach across the ocean to hug you, so instead I'm sending you the presents I promised, for now and an early Christmas. I love you both."

And a note for Garth.

Whatever you decide to tell Penny and Cliff, please let them have these gifts. I won't write them again, or send them anything else, unless you tell me I may, but I promised to send them presents as soon as I arrived in London. Please let me keep my promise. It is the last favor I will ask."

Garth reached home just as Penny and Cliff arrived. They saw the package from London on the porch.

"Oh, Dad!" Cliff lifted the shield and slipped it on his arm. "I'll hang it on the wall of my room, okay?"

"Look, look," Penny bubbled, setting out the packages of art supplies in a circle around her. "Mommy knew exactly what I wanted. I never told her I wanted the ink sticks, but she knew. Oh, Daddy, look! This is for you."

Garth opened the envelope and read the brief message. "Please let me keep my promise. It is the last favor I will ask of you."

The words blurred. He could see the light in Sabrina's eyes when she looked at the children.

*She loves them.*

**G**arth was in the university library's periodical room when a headline in *The New York Times* caught his eyes. He sped through the story, his heart pounding. Here was Michel Bernard's story of the art thefts and forgeries that had led to the murder of Max Stuyvesant—and of Garth's wife. But her name was not mentioned. He was learning about her lover, who had not even known her true identity.

But when he tried to recall the past year, the only image in his mind was of the woman he had known for the past three months. And he could not ignore the truth: He loved her. Which woman was he mourning? Both. He no longer tried to deny it.

An air of quiet sadness clung to Penny and Cliff. They had stopped asking when their mother was coming home. Garth knew they had written her at least twice. He was not surprised when Cliff told him they were going shopping for presents. "If we mail them tomorrow, will they be in London in time for Christmas?"

"It's possible. But it will be close."

Later, when he came to say good-night and found Cliff in Penny's room, they both put their arms around him.

"We think you're crying inside," Penny said. "Just like us. Daddy?"

"Yes, sweetheart."

"Why won't Mommy write to us? Or come home?"

"She's doing what we both think is best, Penny."

"But if you think that too, why are you crying inside?"

"Because often we can't have what we want."

"If you want it bad enough you can," said Cliff.

Garth counted the passage of each day, not knowing what he was waiting for.

One night, when Penny and Cliff had gone to sleep, Garth opened a can of beer, made some corned beef sandwiches and put on a pot of coffee. When everything was ready he took it into the living room to eat before the fireplace. *Twins*, he thought. *In each other's homes, in each other's thoughts.* Within a few weeks the best of Sabrina had merged with the best of her sister. She was Stephanie Andersen in so many important ways that the suggestion she was someone else would have seemed absurd.

The sandwich plate was empty.

There was no more room for anger. He mourned the woman he had married years ago, who had fled their house to find something of herself, only to find death. But out of the tangle she and her sister had created when they took each other's place, Garth had found a single strand, a new beginning.

We might have found it anyway, he thought. After twelve years, Stephanie and I were changing; perhaps we were almost at the place where we could have built a new kind of love and marriage. Instead, her sister came, and stayed, and became both of them. My dearest love. My wife.

In the quiet room he smiled to himself. *We'll have to get married*, he thought.

**I**t was Mrs. Thirkell who handled the torrents of invitations that came in the week before Christmas, telling everyone that Mrs. Andersen was accepting no invitations for the holidays. The calls were still coming in the day before Christmas. "You're the rage of the season," said Mrs. Thirkell as the telephone rang in the morning. "Because you're something of a mystery. And here's the post, ma'am. Mostly cards, but also these packages."

One from Cliff, one from Penny. Nothing from Garth, not even a note.

"Mom, have a Merry Christmas," Cliff wrote. "With lots of food and presents. I hope you find what you are looking for. I wish I knew what it was. I love you. Your loving son, Cliff."

"Dearest Mommy," wrote Penny. "I hope you like this and it makes you happy. We're all fine but sad and Cliff and I talk about you a lot. I love you, I miss you, I love you. Love, Penny."

Cliff had sent a pin: a pair of yellow enamel birds on a branch with two small leaves of green jade. A note inside the box said, "These are you and Dad."

Penny's box held a silver pen and pencil set engraved with the letters S.A. A small note read, "For writing letters."

Carrying her presents, she climbed the stairs. Rain drummed against the windows, and her room was dark and chilly. She lit a fire, curling up before it

on a chaise, with an angora afghan on her lap.

They had been so careless, she and her sister, so incredibly careless of others. But what if somehow there had been a way for her to love Garth and receive his love without guilt, a way to build a life with him?

"Ma'am, there's a visitor to see—"

Before she could finish, Garth strode into the room, his face alight with love.

With a cry, Sabrina leaped up, but Garth had stopped, hesitant and watchful, halfway across the room, the memory of their violent words echoing between them. Sabrina held out her hands, her voice barely a whisper. "I dreamed of you . . . all the time . . ."

He was suddenly beside her, catching her up, enfolding her tightly in his arms. Dimly she heard Mrs. Thirkell leave the room and then she heard only Garth's wild heartbeat and his voice murmuring. "My love, my dearest love, all the empty days without you."

She stirred within his arms, turning up her face, and her mouth met his. She smelled the damp wool of his coat and felt with her fingertips the raindrops clinging to his hair. *These are real; no longer a dream; not ever again.*

Garth felt her slender bones beneath his hands and breathed the silken fragrance that had haunted him for weeks, and in the deepest part of him he felt his aching restlessness subside; he had come home.

"Yes," she breathed, as if he had spoken. "A place to belong."

She put her hands on his chest, between them. "Garth, we haven't talked—so much is unfinished . . ."

"No, my love." He kissed her eyes, her mouth and the hollow of her throat. "Not unfinished. Begun. And not with lies; with the truths you've told."

"Truths! I deceived you."

"Shamefully. But did you deceive me in the way you felt about Penny and Cliff? Or me? Or our life together?"

She shook her head. "But beneath it all—"

"Beneath it all was love. My dear one, you made a marriage, you made us a family, and that is the truth you gave us. Except—" He laughed lightly. "It is not quite the truth. My dearest love, I want to marry you, I want to take you home, to make the past and present one life, our life together."

She kissed him then, a long slow kiss. "Dear heart," she said, a low sigh deep in her throat, and her body curved to his. Together they turned to the bed.

"Oh . . . wait." She held him back. "We forgot . . . what did you tell Penny and Cliff?"

"That I would try to bring you home."

"Are they at Vivian's?"

He nodded, his love for her so powerful it made him tremble.

She picked up the telephone and dialed and when Vivian answered she easily settled back in the curve of Garth's arm.

"Vivian," she said, "It's Stephanie. Could I talk to my children, to tell them I'm coming home?"

**End**



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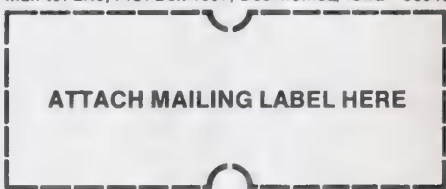
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**WE HELP SOME DOCTORS' CHILDREN**



likely to have had several lovers before marriage; each may even have been a POSSLQ (Person of the Opposite Sex Sharing Living Quarters), the U.S. Census Bureau's term for an "unmarried couple." According to the Bureau, the number of such households tripled from 1970 to 1980.

And yet, the National Center for Health Statistics reports that the number of divorces granted to Americans has also tripled, reaching 1.18 million in 1979, the most recent year for which data is available. That total was the largest ever recorded in this country, comparing with 1.13 million divorces in 1978 and only 395,000 in 1959.

### The reasons for divorce

Certainly, the obvious and most simplistic conclusion is that the sexual revolution alone is responsible for our surging number of divorces. After all, back when no one had ever heard of Masters and Johnson, *The Joy of Sex* or X-rated movies, only 10 couples out of 100 dissolved their marriages. Now, five out of ten marriages end in divorce. And when a recent NBC/Associated Press poll asked Americans whether they thought "most couples getting married today expect to remain married for the rest of their lives," 60% of those queried said no. Obviously, *something* has been eroding our belief in the viability of a lifetime monogamous commitment. But is that something our newfound sexual freedom? Not necessarily, according to Dr. Anthony Pietropinto, author, with Jacqueline Simenauer, of a 1979 survey of 4,000 married couples, *Husbands and Wives*.

In Dr. Pietropinto's experience, neither men nor women cavalierly left their marriages thinking, "There's all that terrific sex out there and I'm going to get some." Instead, he found that most of his respondents, far from being eager to leave home, saw divorce as a step that would consign them to loneliness, financial insecurity and alienation from their children. "In an era of ever-increasing divorce rates, the emotional and intellectual acceptance of divorce lags far behind its practice," he concluded.

The dozens of people interviewed across the country for this article shared similar sentiments. For example, not one divorced man talked about sexual opportunity as a reason for ending his marriage. All had left because they felt life with their wives had become intolerable. "My wife no longer cared about me . . . I was just a meal ticket," said one former husband in Atlanta. "A carefree departure?

Hardly. I stayed in the marriage for years after we stopped having sex, telling myself that the constant criticism that had replaced her former good humor had to lift. I didn't want to leave my baby, the garden, our furniture. When I finally did leave—was driven out is more correct—I felt terrible. I didn't date for months. We've been divorced three years now and I'm just beginning to enjoy my single life."

Many women, too, seemed to view divorce with total despair. Said one San Francisco wife, "I was thirty-two when I married, and so sick of casual sex that I felt I'd put up with almost any behavior from my husband just so I could stay home at night with my baby. When we did break up I was devastated. I didn't want any more freedom. I had had that. But I didn't want a miserable marriage either."

But if people don't leave difficult marriages just because they think someone sexier is waiting "out there" for them, then why do they get divorced? The answer appears to be the new value Americans place on happiness over duty. Says pollster Daniel Yankelovich, "Today, there is less emphasis on sacrifice for its own sake. In the place of the self-denial ethic that once ruled American life, we now find people who refuse to deny themselves

anything on the moral principle that have a duty to myself."

Presumably, when people who are convinced they have a duty to consider their own happiness are in bad marriages, they're not going to feel much moral guilt about getting divorced. "The new thinking is that you only live this life once and you shouldn't waste time being miserable in a bad marriage," says Philadelphia social psychologist Maxine Schnall, executive director of the Wives Self-Help Foundation, Inc. "This is a good philosophy if not taken too far, but sometimes find people saying 'I'd better leave, this isn't going to work' soon as they encounter any serious difficulty. They have the feeling that you have to work at a relationship, hard. The discomfort of spelling out and battling through disagreement seems to be more than they can stand."

Has what *makes* people unhappy enough to leave a marriage changed? "No more than human nature has changed," says Dr. Schnall. "What drives couples apart are the same old bugaboos: loss of emotional closeness, different views on money or child rearing, selfishness."

Yet while our feelings may be the same, the situations that (continue)

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cause these feelings to develop have, of course, been affected by our changing mores.

### Old reasons, new problems

For example, one aspect of the sexual revolution has almost unarguably made a substantial contribution to high divorce rates: the rise in adultery, especially for women. Back in 1953, only a quarter of the wives who responded to Kinsey's survey had had extramarital affairs. By 1980, *The Cosmo Report*, by Linda Wolfe, found that the figure had risen to about 50%. "Undoubtedly the loosening of restrictions on all aspects of sex has contributed to a reduction of sanctions against adultery," says Dr. Steven Goldberg, a sociologist at City College of New York. "But marriage is based on trust. How can you trust somebody who's cheating on you? This has to be bad for marriage."

"Yes, my affair hurt my marriage," admits one 34-year-old Chicago divorcee. "I felt so guilty that I had to justify my behavior to myself. I did that by telling myself my marriage was intolerable. Then my husband found out and had an affair, which hurt me. The marriage was weak to begin with and infidelity weakened it even further."

Our new emphasis on sex for its own sake, detaching the physical from the emotional, has also changed marital experience for many. A divorced Arizona mother of two recalls, "My husband and I began having sex on the second date. The trouble was, our lovemaking totally dominated the relationship. After we were married, it was an unpleasant surprise to learn that though we knew each other's bodies intimately, we were in for some shocks over each other's thoughts. We got divorced when we realized we'd never really have anything to say to each other."

### Too much experience?

Psychologist Rollo May succinctly summed up the attitudes of the past decade by saying, "The Victorians felt guilty if they had sex. We feel guilty if we don't." No wonder couples now approach each other with complex sexual histories. A mate's past can often become a problem for a husband or a wife. "Male sexual insecurity is a constant issue in my practice today," says New York psychologist William Golden. "Most men worry that 'if she's made love with lots of other men, she'll never be satisfied with me . . . she'll surely find another lover.'"

Dr. Pietropinto, who interviewed 4,000 men for his survey, *Beyond the*

*Male Myth*, is in agreement. "The average male still has a deep dread of the obviously sexually experienced woman," he says. "I believe this particular male fear is rooted in biology—deep down, a man knows he has sexual limitations, while a woman can make love all night. Even the most subtle sexual boasting by a woman can convince a man he couldn't possibly satisfy her."

Dr. Pietropinto, Dr. Golden and all other males interviewed agree that a man has to believe he's the best lover that a woman has ever had. A woman can tolerate being criticized because, under the old standards, she wasn't supposed to be a good lover, but criticize a male and he'll usually be devastated. What happens, then, when a sexually experienced woman marries a man who is or becomes an indifferent lover?

It is true that having had more than one lover, a woman can tell the difference between a sensitive and skillful lover and one who hasn't noticed or doesn't care about her needs. She is more demanding, and when a husband proves inadequate, even a loving wife can feel resentment over what she knows she's missing.

Fortunately, being experienced often means that though a woman may realize her man isn't the best lover she's ever had, she also knows when he provides more real love and support than the others. In such a case, experience can be an ally in gradually making sex more satisfactory. "If you've had some experience, you're more likely to have figured out what you want in bed, and won't be shy about asking for it," says Dr. Janet Wolfe, a sex therapist and authority on women's problems at New York's Institute for Rational Living. "More important, you've learned how to communicate your needs without putting the man down. You never reveal that you've done something before. You're vague. You use phrases such as 'What I think I'd like a lot is . . .'"

Some very experienced women, however, bring to their marriage bed not sophisticated sexual techniques, but dire emotional problems. These women are likely to have been extremely promiscuous as singles. Rather than women whose style was serial monogamy within a framework of trust and intimacy, these "sleep around" women are often motivated not by a freewheeling sensuality, but by depression and rage.

"During a period of low self-esteem, the discovery of oneself as sexually desirable may temporarily ameliorate the feeling of being depressed," says Dr. Frederic F. Flach, author of *The Secret Strength of Depression*. "Unfortunately, there's usually a sharp re-

turn of depression afterward, when the bogus reassurance wears off."

Promiscuity may also be a way expressing anger at men. Says Maggie Scarf in her book, *Unfinished Business, Pressure Points in the Lives of Women*, "To offer one's body and at the same time withhold the self is a wonderful way of expressing a good deal of underlying fury—and wonderful confusing for the other person." Whatever the motivation, having meaningless, unhappy affairs tends to become a vicious cycle for a woman: The more she has, the worse she feels and the more driven she is to escape into the arms of still more impulsively chosen uncaring lovers. By the time she somehow gets married, her bruises may be so deep, and her self-esteem so low that she can't really love nor believe that any man could love her.

What is perhaps the most poignant consequence of the sexual revolution, however, affects not only a couple's emotional life but also their physical well-being. Millions of people today are infected with venereal disease and as one of the by-products of the sexual revolution, this can only be viewed as disastrous.

"There are two big problems with sexually transmitted diseases that can carry over into marriage," says Sam Knox, director of the American Social Health Association. "One is genital herpes, which is painful and incurable and can cause birth defect if a woman has lesions when she goes into labor. The disease may go into remission for months and years at a time, but if one partner (continued)

### MAY RECIPE INDEX

Here is a listing of recipes appearing in this issue including those from the Journal kitchen and advertisements. All have been tested by our home economists.

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## Journal Shopping Center

### DECORATING: YOUR DECORATING PROBLEMS

Omitted from March Shopping Center, page 97: Designed by Mel Lerner ASID of Zim-Lerner, Inc. Carpet by C.H. Masland & Sons. Blinds by Leovolor. Chairs, "Margarita" from Lee I. Woodard Sons, Inc. Track lighting by Halo. Art. Collage by Joan Giordano, Sutton Galleries, N.Y., N.Y.; painting by Sandra Lerner, Betty Parson's Gallery, N.Y., N.Y. Poufs through Zim-Lerner, Inc., N.Y., N.Y. Table from Contrans. Desk by Riverside Furniture Corp. Vase from Van der Hurd Studios, N.Y., N.Y.

### FOOD: 30-MINUTE MEALS

PAGE 82: "Marguerite" glass plate by St. Gobain, 225 5th Avenue, N.Y., N.Y. 10010, about \$3. Available at B. Altman's, 5th Ave. at 34th St., N.Y., N.Y. 10016. "Baker" terracotta bowl by Rubel & Co., 225 5th Ave., N.Y., N.Y. 10010, about \$26. Available at Macys, Herald Square, N.Y., N.Y. 10001. *Inset*: Straw basket from Desu Imports, Inc., N.Y., N.Y.

PAGE 83: Terra-cotta tile from Mexico, 8 1/2"x8 1/2", available through Country Floors, Inc., 300 E. 61st St., N.Y., N.Y. 10021. \$2.60 per square foot.

### FASHION: THIS SUMMER'S BEST LOOKS

PAGE 84: Belt by Omega, jewelry by Monet; sandals by L'Oréal.

PAGE 85: Hat by Makins Hats Ltd.; earrings by Van Allen; bangles by Rafael Sanchez.

PAGE 86: Belt by Carolina Amato; bangles by Monet; earrings by Stiga; hat by Makins Hats Ltd.; glasses by Color in Opines.

PAGE 87: *Left*: Belt by Rafael Sanchez; *Center*: Hat by Makins Hats Ltd.; shoes by In Good Hands; bangles by Rafael Sanchez; earrings by Stiga. *Right*: Hat by Makins Hats Ltd.; bangles by Rafael Sanchez; scarf by Christian Dior; earrings by Van Allen.

## SEXUAL REVOLUTION continued

in a marriage is infected and the other isn't, the worry that he or she may transmit the virus can cause a lot of tension.

"The other problem is pelvic inflammatory disease (PID), which can follow gonorrhea or other bacterial infections, leaving a woman's fallopian tubes blocked. The exact number of women now sterile as a result of complications from VD is unknown, but I can say that PID resulting in sterility has increased in direct relation to the increase in VD, which has been phenomenal."

Certainly a couple who wants children and can't have any because of the wife's former PID can face strains in the marriage. "I had only two lovers before marriage," a Los Angeles dental assistant said. "But one of them gave me gonorrhea, and I ended up with PID. The infection kept coming back, though the doctor prescribed one antibiotic after another. I had fever and pain off and on for a month. But it wasn't until I'd been married five years and unable to conceive that we discovered my illness had left me infertile. Jack, my husband, says he doesn't care that we can't have children, but I suspect he's lying."

### The new landscape for marriage

Clearly, then, the sexual revolution has created new and different problems for marriage. Yet who can doubt that in the past, fear, ignorance and guilt about sexuality were the cause of just as much if not more sexual unhappiness? Our Puritanical fear of pleasure and our Victorian sense of guilt about sex were two tight bonds that our society had to loosen. Only twenty years ago, women especially were tied down by attitudes and beliefs that made them unable to enjoy their bodies or express naturally their most loving feelings. Recalls a 45-year-old Alabama housewife who married in 1960, "I spent twenty-three years of my life being a 'nice girl.' Then, on my wedding night I was supposed to instantly turn into a sexy woman for my husband. Well, believe me, it just wasn't possible. How could I suddenly like or want what I had been told was wrong? How could I learn to enjoy what I had been told was bad? It made for a terrible conflict between my husband and me. I was confused and miserable for years. I'm glad young women don't feel this way today. And I'm a little envious."

Dr. Schnall agrees: "Today's woman is free to be informed about and enjoy sex, and when she meets a man with the right emotional qualities, she's likely to have a far richer, more fulfill-

ing sex life than was possible when woman was expected to be virginal and innocent."

What's important as well is that when there is a problem with a couple's sex life, it does not have to remain hidden until it festers. Too often in the past, sexual difficulties undermined and even destroyed good loving relationships. Today, people are able to talk to each other and to specialists about their problems—and they are respected for doing so. Reliable information and help is readily available from a variety of appropriate and comforting sources.

In the past couple of years some of the excesses of the late 60s and the 70s have been reexamined by psychologists, sex therapists and the public at large. "Now that we're beyond the frantic days of the 1970s, when many were wildly experimenting with sex, you find that the conclusions most people have come to about what brings happiness are much the same conclusions people have always come to," says Dr. Pepper Schwartz, a University of Washington sociologist who is presently analyzing a survey of 12,000 couples across the nation. "Men and women alike still say they want sex in the context of a meaningful relationship, and most desire monogamy as well."

To repeat the tough question we began with: Has the sexual revolution helped or hurt marriage? The best answer appears to be a resounding "both." Certainly, all national polls continue to show that marriage is as important as ever to Americans. Though, clearly, people are less willing to put up with unsatisfactory marriages, the institution itself remains highly valued. The National Center for Health Statistics indicates that more marriages took place in 1980 per 100,000 population than ever before recorded. Furthermore, four out of five divorced persons remarry, according to the latest figures available from the Bureau of the Census—and the majority do so within five years. A 1979 Yankelovich, Skelly and White poll found that no less than 96% of respondents are still dedicated to the ideal of a man and a woman sharing life and home together. And because men and women can be more honest with each other and more equal than ever before, there is so much more to share.

In the end, then, what has probably turned out to be the most significant aspect of the sexual revolution is that instead of simply being told that commitment is a vital part of love, we are discovering that truth for ourselves. And a lesson that's learned by experience of any kind is the most valuable and lasting of all.



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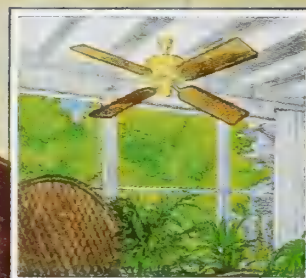
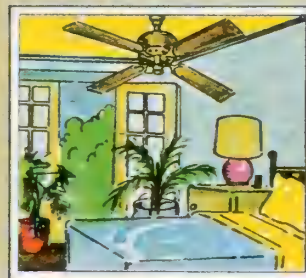
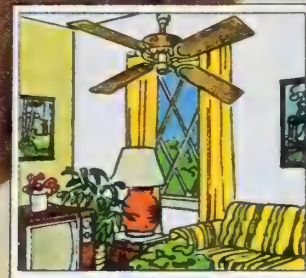
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### The College Crisis

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### Cat-alogue of Crafts

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### Women at Mid-life

The (good!) news about the wise, wonderful years.

### The Love Life of the American Wife

A landmark *Journal* survey you'll want to participate in.

### Warm Weather Wardrobe

How to hide your figure flaws even in summer clothes.

### Five-Star Recipes from Five-Star Restaurants

We went to the famed Mobil Guide's top-rated eateries, and convinced the chefs to share their favorite recipes with you.

### Clint Eastwood

A profile of the ultimate macho man, by Rosemary (*Sweet Savage Love*) Rogers.

### Where Am I Going to Put All This Stuff?

Clever, easy, affordable ways to de-clutter your home.

### Breast Cancer Update

At its recent meeting, the Public Information Committee of the American Cancer Society's National Board of Directors commended *Ladies' Home Journal* for the special Breast Self-Examination Record Card inserted in your February 1982 issue. A resolution was passed recommending that the Public Education Committee consider inclusion of the Breast Card concept in their future breast materials.

As you can see, your effort on behalf of breast cancer education was very well received by the Society. But your readers will be the biggest beneficiaries. You have provided them with a lasting service. Our congratulations and appreciation.—Robert V.P. Hutter, President, American Cancer Society, Inc.

I read in your February 1982 article on breast cancer that doctors can often treat hormone-dependent tumors in a woman's breast without having to perform a mastectomy. I questioned my physician about this, but he disagreed. As this is an issue of great importance to all women, can you kindly explain who's right?—Liz Reed, Columbus, Ohio.

**Ed. note:** *This is a controversial point that is being hotly debated by those in the medical profession. It is true that some doctors say that a mastectomy is not always necessary for a woman with a breast cancer of this kind, though the majority of physicians still believe that a mastectomy is the best treatment in all cases. We would like to take this time to emphasize that any woman diagnosed with the disease should seek out a second medical opinion. For further information, call the National Cancer Center: (800) 638-6694.*

### Bread Baking

We have had one of the worst winters recorded in Indiana. Lots of snow (over 51 inches), lots of sub-zero temperatures (averaging -21° F.), lots of north winds gusting (just imagine the wind-chill!). With all those homebound weekends, what a

good time to try new bread recipes. I did try many, but none were as simple or delicious as the ones in the February issue of LHMJ. Thanks a million. I may never buy bread again.—Anne Welsh, Greenwood, Ind.

### Dazzling Di

Fairy tales are fun to read, but your account of Diana's new life as a princess (February 1982) was even better! Thanks for the inside look at this beautiful and charming woman's world of royal outings, majestic castles and regal regalia with her own real-life Prince Charming. It was dazzling!—Donna Miller, Seattle, Wash.

### Computer Widow

We were delighted with Sylvia Scott's January article, "My Husband's Computer Was My Competition." A famous comedian has been quipping that the TRS in the name of our computer (TRS-80) really stands for Totally Replaces Sex! We certainly hope that people aren't getting that impression. In any case, Ms. Scott's narrative brought us a welcome smile.—Martin B. Winston, Director of Publicity, Radio Shack.

### Do-It-Yourself Wills

A "Your Journal" item in the February issue mentions a form costing only 50¢ that can be used to make out a will. Where can I get such a form? And are such wills really legal?

**Ed. Note:** *These forms are available at most stationery stores, and yes, they are legal, if properly signed and witnessed by two or three witnesses. However, these do-it-yourself wills are suitable for only the simplest estates. Professional legal advice is best for special problems, such as appointing a legal guardian for minor children, minimizing inheritance taxes, disposing of ownership of property in a different state or any other complicating factor.*

Please address letters to LHMJ, *Ladies' Home Journal*, 641 Lexington Ave., N.Y., N.Y. 10022. We regret that we cannot reply to every letter.



Warning: The Surgeon General Has Determined  
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Ultra Kings, 2 mg. "tar", 0.8 mg. nicotine, Lights Kings, 9 mg.  
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June  
1982

Ladies'  
Home

Take part in a landmark survey:  
**THE LOVELIFE OF THE AMERICAN WIFE**

# Journal

## Exclusive interview **DORIS DAY** **TODAY**

She talks about  
her four marriages,  
her new life

### **GREAT FOOD**

Best recipes  
from five-star  
restaurants

### **HEALING HANDS**

The amazing power of touch

### **COLLEGE CRISIS**

Can parents afford it anymore?

### **GOOD NEWS FOR WOMEN**

Why it's terrific to be over 40

### **My real hero, Clint Eastwood**

An intimate  
interview by  
Rosemary  
(Sweet  
Savage Love)  
Rogers



**Extra!**

Clever ways to  
de-clutter your home

How to hide your  
figure flaws even  
in summer clothes



06

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MoistureWear Makeup:

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MoistureWear

Moisture



# *all day* plus Wear



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**H**ave you ever been on a car trip and driven into a town at around one o'clock in the afternoon with two snarling kids in the back seat, half starved because their snacks ran out half an hour earlier, and a grumpy husband annoyed because someone (who shall remain nameless) read the road map incorrectly? Well, I have found myself in just such a situation and when that happens I (more clever at research than map-reading) always consult my Mobil Guide for a restaurant that will be able to cheer up both man and child. I've always found the Mobil Guide, which has been published for the past twenty-five years and has several regional editions, is full of helpful and sensible tourist information as well as discerning appraisals of hotels, motels and restaurants.

The Guide's highest accolade is five stars, meaning "one of the best in the country." Currently, only twelve top restaurants hold this honor. On page 98 you'll find a slew of recipes from these prestigious eateries. If you ever get to one or all of them, you'll find they're certainly worth the trip. Until then, we hope you enjoy their specialties in your own home.

Arnold J. Fury, the Guide's director, notes that almost all of the top-rated restaurants are family run. Obviously it takes long hours, hard work, and total dedication to create a great restaurant. I've found that much the same ingredients are necessary for the making of a magazine.

Dr. Ellen Frank (*above, right*), helped us prepare our very special sex survey, which is unlike any you have read before. You'll find it on page 115. It is for wives only and explores the true nature of love in marriage. Dr. Frank, a psychologist, has done research on marriage for the past eight years. Married herself, with two



children and four step-children, she also reports several times a week on mental health and human behavior for WTAE-TV, Pittsburgh.

That grinning group on the left is our all-new, energetic, enthusiastic, extremely talented, young art department. They are, from left to right, Marty Hyman, Jane Wilson



and Joanne Arbett. We think our pages are looking prettier and prettier each month and hope you agree.

Don't you love June, this bright and cheerful month, filled with blushing brides, glowing graduates and a special day just to honor and pamper dad?

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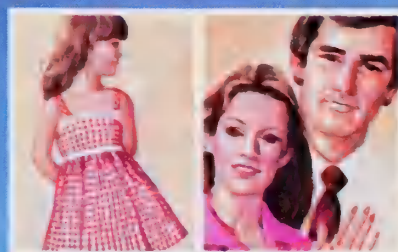
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\*Oster and Kitchen Center are registered trademarks of Oster, Division of Sunbeam Corporation.

### Official Entry Rules.

To enter, the recipe must be typed or legibly printed on a separate 8½" x 11" sheet of paper. Each recipe must use at least 1½ cups of either Kellogg's® 40% Bran Flakes or Kellogg's® Cracklin' Bran® cereal, or 1 cup of Kellogg's® All-Bran® or Kellogg's® Bran Buds® cereal. All recipes must include complete preparation instructions, standard measurements, commonly available ingredients and should specify which of the above three categories entered. Included with the recipe must be a completed entry blank (adjacent) plus one proof-of-purchase seal from one of the four Kellogg's bran cereals. They should then be mailed to: **BRAN NEW FEELING Recipe Contest, P.O. Box 7772, Chicago, IL 60677.**

**All entries must be received on or before November 30, 1982.**

Each recipe must be original and the property of the person submitting it. Any recipe that has previously appeared in print will be disqualified unless judged distinctively different in ingredients or preparation.

Judging for the contest will be based on originality, appearance, appetite appeal, and ease of preparation, in each of the three categories. The final recipes will be kitchen-tested by a staff of home economists under the supervision of the judging organization. All decisions are final and only one prize will be awarded per winner.

### Additional contest details described.

Anyone who is a resident of the United States, its territories, or Puerto Rico can enter Kellogg's "Bran New Feeling" recipe contest. However, employees and members of immediate families of Kellogg Company, its advertising agencies, its judging organization and professional bakers, chefs and cooks are not eligible.

You may enter as many times as you wish, but each entry must include the required proof-of-purchase seal and must be mailed separately. Each entrant can win only once, but if you become eligible for more than one prize, you will be awarded the highest value earned.

All entries become the property of Kellogg Company, which reserves the right to edit and adapt those submitted for publication. No entry will be returned. In case of ties, a duplicate prize will be awarded. Contest void where prohibited, restricted, or taxed. Winners will be notified by mail after January 31, 1983. Proof of eligibility may be



required. You may obtain a winner's list after January 31, 1983, by sending a stamped, self-addressed envelope to: **WINNERS' LIST, P.O. Box CC, CHICAGO, IL 60677.**

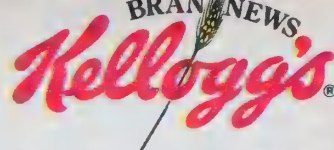
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time, or even desserts. All it  
es is one of those  
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a cereals and a little creativity to  
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be all your own. Your recipe may  
you win a great new kitchen.  
Come on. Let Kellogg's and  
imagination discover new ways  
et the goodness of food fiber into  
life.

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## OFFICIAL ENTRY FORM

I warrant that the recipe I submit is my original work, that I have the right to disclose it, and that I have not previously published this recipe. I also acknowledge that Kellogg Company has the right to edit and publish any recipe that has been submitted.

(SIGNATURE) \_\_\_\_\_

**MAIL ALL ENTRIES TO:**  
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**RECIPE CONTEST**  
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Mail this entry blank with your recipe and one proof-of-purchase seal from either Kellogg's® 40% Bran Flakes, Kellogg's® All-Bran®, Kellogg's® Bran Buds®, or Kellogg's® Cracklin' Bran® cereal.

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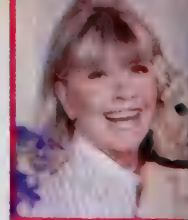
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# Journal®

Incorporating Needle & Craft



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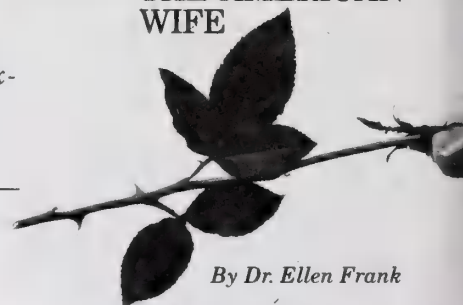
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# Is my baby ready for family foods?

Babies' needs vary, but many family foods should not be fed during the first year. During the transitional second year baby food will continue to play an important role in the diets of most young children.

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Cover photograph by Guy Webster.  
Photographs page 76: Bettmann Archive, Globe Photos, Wide World Photos, Photo Trends.



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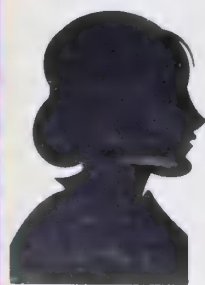
# "My husband keeps losing his job"

Gloria and Rob expected to have a traditional marriage, but instead he's chronically unemployed and she has to work. What happens in a relationship when the roles are reversed?

**T**his case is based on information from the files of the Family Counseling Service, Albuquerque, New Mexico, a private, not-for-profit family mental health agency, partially funded by the United Way. The agency is a member of the Family Service Association of America and accredited by the Council on Accreditation of Services for Families and Children, Inc. The true story reported here is from interviews. The counselor was Martin Gilbert, L.C.S.W., Supervisor of Clinical Services.

## Gloria's Turn

"If Robert yells at me once more—just one more time about anything—our marriage is over," said Gloria, 33, in a shaky voice. A small, blond mother of eight- and three-year-old daughters, her fine-featured face mirrored total exhaustion.



"I don't understand what brings on these explosions. All I did this morning was suggest that since I don't have to work tomorrow, we could fix up the studio. Rob has opened his own photography

business, so we're converting the garage into a studio. He's been complaining constantly that my work keeps me from helping him, but now that I've found time, he's furious because I'm trying to tell him 'what to do.'

"I'm honestly not trying to boss him, but I *am* worried. If Rob doesn't get this photography business rolling, we're going to lose our house. When we took on the mortgage, we felt we were on top of things. I'm an accountant, and Rob was working for the photo services department at the college. No sooner had we signed the

papers, however, than Rob was laid off. It wasn't his fault this time, any more than it ever has been—Rob has a history of losing jobs. The school cut back on funding, and Rob happened to be low man on the totem pole.

"I thought my husband would be out the next morning looking for new employment. I was wrong. Rob went around to a few studios, but they weren't hiring, so he applied for unemployment. Then he announced he wanted to stay home and start his own photo business. I tried to be supportive. Rob does love photography, and I know from my own experience that working at something you enjoy is wonderful. I assumed, though, that he would take a part-time job until the business got off the ground. He's flatly refused to do that. He says he has to be 'available for assignments.'

"Since he's sitting home all day, I think Rob should tackle some of the housework. When our older daughter, Lynda, was a baby, Rob took care of everything and did a fantastic job. But now, he refuses. When I come home from a tiring day at work, the whole mess is waiting for me—the children are yelling for attention and Rob is demanding to know what I have planned for dinner.

"This isn't how I wanted my marriage to be. As a kid, I saw how my parents fought. My brother and sister and I would go to sleep at night with pillows over our heads to try to shut out the sound of our parents' yelling. Dad was abusive and not at all a family man. He'd come home from work, shower, eat and go out drinking. Mom was a full-time housewife who got what she wanted through manipulation. My sister was Mom's favorite, my brother came next, and I was the acknowledged 'accident.' But by no means was my childhood miserable. I made good grades, and had lots of

friends. I just knew that when I grew up, my marriage would be a lot happier than my parents'.

"I met Rob at a party when we were both sixteen. His football-hero facade and the sensitivity beneath it were a heart-stopping combination. His tenderness was such a contrast to my father's bellowing that I knew Rob was the man for me. During the rest of high school, we were inseparable. We studied and went to church together and took walks by the river, dreaming about our future.



"After graduation, we were married. That was a lovely time to be young. There weren't the social pressures kids have today. Oh, I guess some drank and went too far sexually, but not Rob and I. Our love was special to us, and our wedding night was well worth waiting for.

"Rob went into the service and started training to be a technician. But that didn't work out, so he was switched to clerical duties. I took an assortment of jobs: waitress, baby-sitter, clerk. I wanted to enroll in some college classes, but Rob kept reminding me that he might be transferred.

"After his discharge, Rob looked for jobs for months and finally went to work as a cashier at a drugstore. I sort of pushed him into it, I guess, but he had no other prospects, and he had to work *somewhere*. It turned out to be a good move, or so we thought. Within three years he was promoted to manager, and we decided we were secure enough to start a family. Famous last words: I gave birth to Lynda just days before a new company bought the drug chain and Rob was replaced.

"Once again, Rob had (continued)



# My Fresh Lash stays fresh— and I give it a workout!"

*Lynne Carter*



"When I rehearse my specials I work a long, exhausting day. But my Fresh Lash mascara always looks fresh—without a touch-up. Even in camera close-ups.

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Cortaid works gently with your body's own natural defenses.



## THIS MARRIAGE

continued

difficulty finding work, so I suggested that he use his V.A. benefits to go to college. He enrolled in night school, and I took a job with a bank. It worked out beautifully. I loved accounting, and in a short time I was in charge of customer accounts. Meanwhile, Rob spent his days studying and taking care of Lynda. I'd come home at night to a cooked dinner and a happy baby.

"Rob started out as a business major. Then he took a photography course and decided to switch fields. Since the school he was attending didn't offer the right classes, he transferred to a college in another state. I hated giving up my job but assumed I could find something similar. I was wrong. My previous position over-qualified me for some jobs, and my lack of education under-qualified me for others. Without a college degree, I couldn't get anywhere, so I suggested to Rob that we both take classes.

"The scene that followed was like a nightmare from my childhood! My gentle-natured husband exploded! Nothing he yelled made any sense. I cried myself to sleep that night, but in the morning I was surer than ever I had to get an education.

"When he saw I wasn't going to weaken, Rob grudgingly gave in, but he made things difficult for me. If I had to study for a test, he would accuse me of neglecting him and Lynda. He was sarcastic about my good grades and was constantly cutting me down with comments on my 'warped value system.' When I became pregnant with our second child, Carrie, he wanted me to drop out of school. But I refused. I didn't want to be trapped in a dead-end job.

"I completed my degree in three years. Carrie was born during my final semester, and Rob's widowed mother moved out to be near us and to help out. I was able to get an excellent job with a brokerage firm, despite my husband's protests that I was 'deserting' my newborn child.

"Rob decided he could learn more through on-the-job experience and dropped out of school to work for the photo service. I know he was upset when that job ended, but I can't see why he has to vent his anger on me. I also can see no reason for him to sit home doing nothing and leave me to handle the pressures of our desperate financial situation. What does he expect me to do, take a second job at night? As it is now, I'm drained and emotionally exhausted. Rob's got me on such a guilt trip that all I want to do when I come home is lean against the wall and cry."

(continued)



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## Rob's Turn

"I feel rotten about the way I blew up at Gloria today," said Rob, 34, a tall man with expressive dark eyes. "She and my daughters are more important to me than anything in the world. So there's no excuse for my going out of control, but it's the story of my life these days. Work—family life—*everything's* out of control! I can't get a grip on anything!"

"When I was growing up, life seemed so simple. My dad was an appliance salesman, an easygoing, happy guy who liked to fish and watch football, while Mom kept the home fires burning. Although she worked part-time as a waitress, we all knew my father supported the family.

"My childhood was good. I was never an academic achiever, but I was quarterback on the football team in high school, so I felt pretty hot. Then I met Gloria, and life got even better.

"There was something about Gloria—'happy natured' is too weak a term. When I met her parents, I couldn't believe she came from such a background. Her dad had such a temper that I was scared for Gloria to be in the house with him. I swore I'd get her out of there as soon as possible.

"Once Gloria and I started dating, we tried to be together as much as possible, which was difficult because we lived four miles apart, and I didn't drive. The year before, I'd smashed my sister's car into a pole. I should have been killed, but I walked away with minor injuries. I swore I'd never drive again. Years later, Gloria got me back behind the wheel one day by pretending she was too sick to drive.

"Soon after my accident, I lost my father in a freakish occurrence. He was in the stands, watching me play ball, and I made the first touchdown of my life. Dad cheered so hard that a vein burst in his neck. He died almost instantly.

"My dad's death horrified me, but my life went on. I drew closer to Gloria, and we got married right out of school. We were so happy. I pictured us in an 'Ozzie and Harriet' setup with me being the provider and her keeping house and raising our kids.

"Well, it hasn't worked out like that. First, I flunked out of tech school in the service. They made it clear—*nobody* flunks out of tech school. But I managed to. After my discharge, I let Gloria steer me into working at a drugstore. Eventually, I was made manager, but I ran scared the whole time, worrying that I might flub up. Sure enough, the company laid me off.

"Gloria suggested I go to college, which made sense. She had a good job,

and I had the V.A. Bill. Being home during the day didn't bother me. I felt a sense of accomplishment keeping Lynda fed and happy. But college itself was another story. Schoolwork doesn't come easily to me.

"Then I took a photography course taught by a magazine stringer. She told me I had a good eye and a lot of talent. I'd finally found my profession!

"I was so excited that I moved my family and enrolled in a school that was supposed to have a terrific photography department. What a mistake! The department emphasized *art* photography, not journalism. During my first interview with the department head, he threw my photos on the floor because they weren't on mounts appropriate for museum display.

"Meanwhile, here was my wife, announcing she was going to earn her own degree. I knew she'd zoom through with A's just as she did in high school. I'm proud to know somebody as bright as Gloria, but being married to her is something else. When I proposed, I felt like I was the Great White Knight, riding in to rescue my damsel-in-distress. Now, I feel as though I've done the opposite. If she didn't have me, Gloria would probably be secretary of the treasury.

"Starting my own business is a last attempt to prove that I can be a success. I want to give it my all, so I can't take an outside job. A client wouldn't put up with a photographer who said, 'Sorry, I can't shoot tomorrow; that's my day at the gas station.' As for being a house-husband, I've already done that. I don't intend to make it a way of life.

"The truth is, I'm scared. I think I've gotten myself in over my head. How can I ever expect Gloria and my kids to respect me if I keep piling failure on top of failure?"

## The Counselor's Turn

"This couple's problems were less a result of differences between the two individuals than of the pressures each felt to conform to society's expectations," began the counselor.

"Both Gloria and Rob believed that if they played 'by the rules' they would be rewarded by happiness. This was evidenced by their behavior as teenagers. In counseling, Gloria said that her parents never bothered to check when she got in at night because 'They knew I'd never miss curfew.' Neither she nor Rob smoked or drank, and they did not have premarital intercourse even after they became engaged. When Rob wrecked his sister's car, he punished *himself* by giving up driving. The bizarre death of his father soon afterward probably seemed to Rob like further punishment for his transgression.

According to the rules that governed their childhood, 'good' husbands were the breadwinners and 'good' wives were the homemakers. When circumstances dictated a different course for them, they felt insecure.

"Rob, in particular, equated manhood with success in the world. While he took pride in his wife's career, he also resented it. As a result, he criticized her performance as housewife and mother and had outbursts of irrational anger. Gloria had surprised herself by discovering strengths she didn't realize she possessed. While she enjoyed the challenge of using them, she felt overwhelmed by the responsibility. Rob seemed to expect her to carry alone.

"My main function was to help Rob and Gloria see themselves not as stereotypes, but as individuals, and to realize that there was nothing wrong with overlapping roles. Rob was astonished to hear Gloria say that she had been attracted to him, not because of his football prowess but because of his tenderness. Gloria was surprised when she learned that Rob didn't want her to attend college because he feared that she'd bypass him academically and thus lose respect for him. The more they explored their feelings, the more they accepted that the only rules important to their relationship were the ones they themselves established.

"Slowly, Rob came to believe that his 'gentle strengths' had as much value as those he had always considered 'masculine.' With this realization, he began to feel less threatened by Gloria's career aspirations and to pitch in more with household chores.

"Rob, however, knew that he wouldn't be happy as a full-time homebody and that he needed to make money. So he relaxed his 'all or nothing' approach to photography and took a job doing darkroom work. But since his dream is to be a photographer, he is building up a file of photographs to submit to magazines someday. Now that he is on a steadier course, he is more at ease with himself and no longer lashes out at Gloria.

"As for Gloria, she is greatly relieved that Rob has a job and is helping at home, too. She no longer feels totally responsible for keeping the family afloat and is less guilty about her career aspirations. In fact, she's registering for night courses at graduate school this fall.

"While this couple's problems are far from over, their life is easier now that they are defining what roles are comfortable for them. 'I guess we're making history,' Rob observed recently. 'Forty years from now there won't be any clear-cut male-female roles. What's making it tough right now is being the transition generation.'" **End**



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**Before**



**After**

**It's all very well to say that beauty is only skin-deep. But that's no comfort when they stare at your daughter and call her names. Here is the story of a loving mother, her brave little girl and a wonderful transformation.**

## Michelle's Miracle

By Jane Marks

**M**ichelle was such a healthy baby, Ralph and Barbara Russo could hardly believe their good luck. They had been through so much with their two boys—so many allergies and midnight croup attacks—that Barbara felt she had practically lived at the hospital. But now they had Michelle, their beautiful new daughter with rosy cheeks, a delightful laugh and big, bright eyes. And she was a good baby, too, Barbara says: "I just about breezed through those first few years."

And then, just weeks past Michelle's fourth birthday, the Russos' ordeal began.

"I remember that it was a Sunday afternoon,"

Barbara recalls. "Ralph and I had gone out, leaving the boys in charge. Well, we got home to find Michelle on the floor. She was crying—*really* crying—and she couldn't seem to get up. Her right foot was twisted.

"What happened?" Ralph shouted, as I picked up Michelle. She just kept on screaming.

"I don't know." Eight-year-old Mike looked scared. "I think she jumped off the bed or something." Nobody knew. Off we rushed to the emergency room. They said nothing was broken."

In the days and weeks that followed, the Russos made the rounds from doctor to doctor. None of them knew what was wrong. (continued)



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## MICHELLE'S MIRACLE continued

unable to walk, Michelle was placed in a wheelchair.

Finally, there was a diagnosis—a grim one. The doctor said that Michelle had juvenile rheumatoid arthritis. There would be stiffness and pain, often unbearable pain. There would be inflammation and degeneration of the joints. Michelle would feel tired and listless a lot of the time, and she'd have no appetite. Worst of all, the disease was incurable.

"Hearing those words," Barbara says, "I felt like the roof had caved in on me. All I could think was 'No. Wait. This is my healthy kid.'"

The Russos spent many anxious, sleepless nights, yet they were determined not to let the illness become an excuse to pamper Michelle or treat her differently from her brothers. She was never allowed to misbehave just because she was sick. "I figured she had no right to take a toy away or cry and demand it," Barbara says. "Besides," she adds, "I knew that spoiling her would only make her weak."

When Michelle was in third grade, Barbara had to convince the school authorities that she was to be treated like a normal child. "They wanted to ship her off to a special school, but I was very insistent that she go to the neighborhood elementary school."

At that point, Michelle was no

longer in a wheelchair, but the disease was taking the course the doctor had predicted; the pain was spreading to her wrists, knees and jaw. Hot compresses and massive doses of aspirin helped lessen the pain, but nevertheless, the illness relentlessly drained her energy.

Yet, according to Barbara, the disease never touched her daughter's spunky spirit. "Even at five and six," Barbara says, "Michelle was a go-getter, always competitive. I mean, whatever she did, she had to be the best. Even though she had this crippling disease and so much pain, it didn't stop her. If anything, it made her fight harder."

"For example, Michelle played softball. Think of it. She played in a league. She didn't want anyone to know she had a problem. You know, 'Just pitch the ball!' That was Michelle."

## Encouraging visit

By the time she was nine, Michelle's visits to the arthritis specialist, Dr. Robert Greenwald, were more encouraging. The disease appeared to be in remission. Although there was still a great deal of pain and stiffness, Dr. Greenwald felt sure it was "residual deformity pain" rather than "active hot inflammatory pain." At least the damage wasn't increasing.

"Not that we were jumping up and down," Barbara sighs. "For one thing, she wasn't growing. We could see all her friends were getting bigger . . . and she was still little Michelle. We knew that under-development was one possible result of juvenile rheumatoid arthritis. 'Oh, she's just petite and delicate,' Ralph and I would say to each other. But could we believe it?"

"Besides, there was something else looming on the horizon to worry about. By the time Michelle was ten, we knew that her chin was starting to recede. We'd say to ourselves: 'No, no. This can't be happening,' because, of course, to us, Michelle was still Michelle."

"But then, once in a while, when we'd look at her in a certain way, we just *couldn't* ignore it anymore. We went to the doctor, hoping he'd say, 'Don't worry, it'll be fine.' But instead, he said it would probably get worse, not better. And it did."

According to Dr. Greenwald, Michelle's jaw was malformed due to inflammation caused by the arthritis in the growth centers. This retarded its development. Her lower jaw remained infantile while other parts of her face grew normally.

"Within a year and a half," says Barbara, "Michelle's chin had disappeared to the point where people would stare at her. Her (continued)"



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## MICHELLE'S MIRACLE

continued

chin was growing down and back, instead of forward. Kids, teenagers . . . one would nudge the other, make faces, laugh, giggle, make noises. It was murder. It was so hard just to go shopping. Oh, I mean, you get used to it; you learn to adjust and accept. But, God, sometimes it was hard not to just punch some people in the nose.

"Once, we were at the flea market. Michelle wasn't even aware of it, but there was an incident. I really thought Ralph was going to hit those kids who made comments. I told him not to make a scene, because that would only make it worse. I always tried to protect Michelle. If she didn't see it, I tried not to let her see it. If I said anything, I tried not to let her hear me."

"Mom!" Michelle interjects. "How about that time we were at Burger King?"

"Oh, yes," Barbara nods, remembering. "Now, where had we come from that day? We had had so much fun. I mean, Michelle's such good company. She's so great to be with. Like when I was so depressed after my mother died. This girl helped me incredibly."

"It was right around that time. We were all supposed to go away for a weekend. I was in a fog, but Michelle had made a list of everyone who'd be going and what each person still needed to get. She just said, 'Come on, Mom. Let's go shopping.' So we did and when we'd finished the list, we decided to stop off at Burger King to have some lunch."

"Well, there was this group of teenagers. One of them was egging the rest on and they were saying awful things—vile things—and making faces at Michelle. I wanted to wring their necks."

"We sat and gulped down our food. Michelle and I didn't know what to say to one another. When we were finished and were walking out, I let Michelle go ahead of me. I turned around to those kids and let them have it. '*You ought to thank God when you look in the mirror*,' I shouted at them."

"So, you get it off your chest—then you move forward. But all that time, it was hard to believe . . . All I could think was 'This is our daughter, whom we love so much . . . who is such a doll inside and out. How dare they!'"

During all this, Michelle tried her best to cope. "I guess when people used to look at me, I didn't realize it, or rather I didn't want to realize it," she recalls. "I put it out of my mind."

"Michelle wasn't happy with herself," says Barbara. "She knew she wasn't right. One day, she came home from school and told me they were

taking class pictures. She asked me if she should have her picture taken. When I asked why not, she said, 'I don't know.' Well, 'I don't know' told me she *did* know. And I said, 'Yes. Have your picture taken. You're you. You are not a chin. Michelle is not a chin.'"

What made everything even more difficult was the fact that the family had moved from a super-friendly city neighborhood to a more spacious, but less close-knit, suburb. Michelle missed the familiar people she had grown up with—the kids who knew, for example, how to rub her foot when it ached.

It was lonely, but Michelle managed to find something sustaining and pleasant—in *General Hospital*, a television show she'd begun watching regularly. "In the beginning, right after we moved," Barbara says, "Michelle actually lived for *General Hospital*. It was her therapy, her world, her life. Everyone said, 'It's no good. Get her away from it.' But I felt, 'No. It's so safe. It's the one thing in the world that she doesn't have to answer to or worry about. It's only an hour; let her have it.'"

Meanwhile, Barbara had read about a possible way to help Michelle—something rather new and rare and dramatic—known as orthognathic surgery. It was a surgical procedure by which a face could be rebuilt to look normal. What's more, all the cutting, shifting and building up of the jaw and chin could be done through the mouth, so there would be no scars.

The only disheartening thing was that from all she'd read, it seemed to Barbara that Michelle would not be eligible for such an operation until she was about 17—which was still years away.

### Dazzling work

But in May 1979, Barbara took Michelle to see Dr. Greenwald, who suggested, to her amazement, that she contact Dr. Stephen Sachs, chief of oral and maxillofacial surgery in the dentistry department of Long Island Jewish-Hillside Medical Center. Dr. Sachs and his team of colleagues had already done some dazzling work on facial abnormalities. If anyone could help Michelle, they'd be the ones.

Barbara was nervous before the appointment, but her anxiety "vanished the moment I met him. There was something about him that made me feel so relaxed. From that point on, I knew that things would be okay somehow, that Michelle was in the right hands."

Dr. Sachs told Barbara that Michelle was a very good candidate for orthognathic surgery. "Timing is crucial," he explained to her. "We always try to

wait until growth is slowing or at least until we have enough information to predict how much—or how little—growth is left to go." But in Michelle's case, even though she was only ten, he felt they should start the preparatory procedures right away. "If she needs more surgery later, she'll get more but there's no reason she has to go through her teen-age years this way," he said.

### The "problem list"

The decision to go ahead would be a major commitment for Barbara and Ralph, Dr. Sachs explained. The entire procedure would take a year or two, depending on what needed to be done. For starters, Michelle would have to come in for a full set of X-rays, a clinical exam and a mold of her teeth. Then Dr. Sachs and Dr. Richard Faber, staff orthodontist, would make up a "problem list" of the specific tasks they hoped to accomplish—and in what order. For example, some of Michelle's teeth would need to be straightened before the operation, in order to allow for movement of bone. And even after the surgery, there would be months more of follow-up orthodontia.

Dr. Sachs explained that the operation wouldn't be a cure, *per se*, for the rheumatoid arthritis. "We can't fix her body or make her disease go away," he said, "but we *can* fix her face and give her a feeling of control." It would be reconstructive surgery, he stressed, not just cosmetic. "We want to restore good function as well as good facial balance. We can try to head off future problems she might develop with breathing, speech or eating. At the same time, we can make her feel better about herself."

Ralph and Barbara were excited—and ready to get started. But Michelle wasn't sure. "I was really surprised when Mom said I was going to have the operation. I'd really convinced myself that nothing was wrong. I said to my mother, 'How do I really know that this isn't the right way for me to look?'"

The orthodontia began, but no date was set for the operation, which, the Russos had been warned, would take a full eight hours. The suspense was growing. Barbara would ask "when" and the doctors would say "soon." And another month would go by. Nearly two years passed, then, finally, the Russos were given a date: March 17, 1981, St. Patrick's Day.

"I'll never forget the morning they wheeled Michelle away from us," recalls Barbara. "Oh, God, it was long, sitting there waiting for her. They told us it would be eight hours, but it ended up being more like ten."

And no wonder. Michelle's fine bones and small face made it (continued)



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especially difficult for the surgeons to accomplish the delicate orthognathic surgery. First, her upper jaw was severed from its attachments, leaving only crucial blood vessels and tissues intact. The upper jaw was then fractured and a portion of the bone removed. Next, it was repositioned at a higher, more appropriate level. Then several of Michelle's teeth were surgically repositioned. Another surgical procedure was done to allow her lower jaw to be moved forward, and synthetic material was implanted to additionally build up her chin. Her teeth were then wired together to hold her jaws in place during healing.

Meanwhile, back in the waiting room, Ralph and Barbara drank coffee, paced the floor and tried to reassure one another. "Finally," Barbara says, "the doctors came out and told us she was all right. We practically collapsed."

"Then they came out and told us she wasn't all right. Something had happened with swelling. They had tubes down her throat. She would have to spend the night in the intensive care unit."

"It was a nightmare," Ralph recalls. "Believe me, I'd have given my two eyes not to see her the way she looked after that operation."

Barbara remembers immediate feelings of regret. "We wondered why we had decided to do it. You bring a kid in healthy—well, as healthy as she can be, considering—and the next time you see her she's covered with bandages and she's got all these beepers and tubes. Originally they'd said the whole thing would be six days, in and out, no problems. But because of complications it ended up being two weeks!"

### **"I can't breathe"**

"The notes she wrote me!" says Barbara, as Michelle dashes upstairs to her room and comes back with a pad full of messages she wrote even before she was out of intensive care.

"I want to get out of here . . . My throat hurts . . . I love you . . . Was Daddy here? . . . I want to see him. . . I can't breathe . . . I need to be suctioned . . . Do I have a chin? . . . Is we love so much . . . who is such a doll inside and out. How dare they!"

During all this, Michelle tried her best to cope. "I guess when people used to look at me, I didn't realize it, or rather I didn't want to realize it," she recalls. "I put it out of my mind."

"Michelle wasn't happy with herself," says Barbara. "She knew she wasn't right. One day, she came home from school and told me they were

And after only a day, Barbara could decipher Michelle's jaw-wired mumbles so that she didn't need to write everything down and could rest.

Then there was the problem of getting Michelle adequately fed, which, due to the swelling and the wires, was no easy task. But Barbara found her own ingenious solution. "Michelle loves Italian food, so I made pasta with tomato sauce and grated cheese. I even blended macaroni salad for her. I was blending everything because it had to fit into a big needle kind of thing with a long nozzle, which was attached to a longer, even narrower thing, which they pushed to the back of her throat.

"The nutritionist would tell me how many grams of protein she needed—and how many calories—and I'd see to it that she got it. Four of those syringes equaled a cup, so it took two hours just to feed Michelle sixteen ounces of anything. Some days it would be almost lunchtime before we'd gotten all the breakfast in."

While Michelle was in the hospital, Barbara was spending almost all her time there. "I moved in my blow-dryer, my curlers, all my makeup. They let me use a shower. I found I was getting annoyed if somebody else had the nerve to use 'my' bathroom."

At first Michelle carefully avoided mirrors. "She knew she was all swollen and it scared her," Barbara says. "It's just as well she didn't look those first few days because her mouth was all raw. Gradually it started to look more normal."

### **Ready to go home**

"By now, Michelle had been in the hospital for thirteen days—and so had I. We were both ready to go home, but at the same time, we were sorry to leave the friends we'd made."

"The night before she came home this one really super nurse came by at ten o'clock and said, 'Michelle, what are you watching? Anything good or later? I'll be back to watch with you.'"

"Sure enough, at eleven o'clock sharp, the kind nurse was back, and she and Michelle chatted and watched TV together. I think there must be some rule that requires you to be a compassionate person to work at the hospital. It sure helped. You felt the staff's strength and you knew they really cared."

Needless to say, Michelle was thrilled to get home at last to her family and to her schnauzer, Baror. Her sunny bedroom was waiting for her—filled with stuffed animals, her record

(continued on page 113)

## **New Hope For Facial Deformity**

Until ten years ago, braces (and a limited number of surgical procedures) were the only treatment for facial deformities. But braces move teeth—not bones—so the results were often incomplete or disappointing. Now, the new field of orthognathic surgery enables teams of orthodontists and oral and maxillofacial surgeons to correct a variety of facial disfigurements, which include congenital deformities (like cleft palate), acquired deformities (resulting from falls, auto accidents and tumor surgery) and developmental deformities (a jaw that is too long or too short, for example, or a face that's deviated to one side).

The decision to do orthognathic surgery is based on four considerations: the severity of the deformity, how much dentofacial growth has yet to occur, what direction that growth will take and the psychological effects of going ahead with—or delaying—surgery. Whereas some procedures are best done after most of the growth has taken place (sometime during the patient's late teens), other procedures should be performed while bone is still developing.

Every step is carefully planned in advance. A computer can be used to help doctors analyze the facial structure and plan the surgery. Once the surgeons define the problems exactly, they can work through the mouth so there is no scarring.

The entire procedure, including preparation and follow-up orthodontia, can take a year or longer. Fees vary according to the severity of the problem, the location of the malformation, the hospital where the surgery is done and the type of insurance coverage. Basic fees can range from \$1,500 to \$6,000 or more. (In Michelle's case, however, the bills totaled over \$10,000, because of the massive reconstruction and lengthy hospitalization.) Medical insurance often covers up to eighty percent of the cost. Unfortunately, however, some insurance companies consider orthodontia and corrective surgery cosmetic rather than functional and are reluctant to reimburse these claims.

Orthognathic surgery is offered at relatively few hospitals, because it is still a new technique. If you know someone who would like to be referred to an appropriate team, ask your family dentist or contact: The American Association of Orthodontists, 460 North Lindberg Blvd., St. Louis, Mo. 63141; or The American Association of Oral and Maxillofacial Surgeons, 211 East Chicago Ave., Chicago, Ill. 60611.





Pour in  
the Eagle Brand  
form.

# Fresh 'n' Fruity Ice Cream— lickety-split!

Here's the scoop. Nothing beats fresh fruit ice cream on a hot summer's day. Except creamy fresh 'n' fruity ice cream you make yourself—without an ice cream maker!

All you need is the dessert maker—Eagle<sup>®</sup> Brand Sweetened Condensed Milk—along with your favorite fruit and a few simple ingredients.

Eagle Brand is the special precooked blend of milk and sugar that makes dozens of luscious desserts deliciously quick and easy.

Try one flavor—or several! But remember, fresh 'n' fruity ice cream is so delicious, it tends to disappear “berry” fast!

## Easy Homemade Strawberry Ice Cream

(Makes about 1½ quarts)

3 egg yolks\*

1 (14-ounce) can Eagle<sup>®</sup>  
Brand Sweetened  
Condensed Milk (NOT  
evaporated milk)

1 teaspoon vanilla extract

½ cup chopped  
strawberries

2 cups (1 pint) whipping  
cream, whipped

2 cups fresh or  
unsweetened frozen  
strawberries, mashed  
or pureed (1 cup)

In large bowl, beat egg yolks; stir in Eagle Brand, vanilla and chopped strawberries. Fold in whipped cream. Pour ⅓ mixture into aluminum foil-lined 9x5-inch loaf pan or other 2-quart container. Spoon ⅓ mashed strawberries on top. Repeat layering, top with strawberry mixture. Swirl with knife or spatula. Cover; freeze 6 hours or until firm. Scoop ice cream from pan, or peel off foil and slice. Return leftovers to freezer.

**Blueberry:** Omit vanilla and chopped fruit. In large bowl, beat egg yolks; stir in Eagle Brand and 1 teaspoon grated lemon rind. Fold in whipped cream. Proceed as above, layering with 1 cup pureed blueberries. Freeze as above.

**Peach:** Omit vanilla. In large bowl, beat egg yolks; stir in Eagle Brand, 1 cup mashed peaches, ½ cup chopped peaches and ¼ teaspoon almond extract. Fold in whipped cream. Freeze as above.

\* Use only Grade A clean, uncracked eggs.



*the dessert maker*



Introducing L'Oréal's Premiere™ Perm with the Moisture Protection Barrier: the perm that protects your hair while you perm.

It protects your hair's natural softness.

It protects your hair's natural shine.

It protects your hair's natural resilience.

How? L'Oréal's unique patented Moisture Protection Barrier helps prevent your hair from losing its precious protein and moisture while you perm. As a result, your hair will be naturally soft and shiny.

While Premiere gives your hair long-lasting curl, it protects your hair from the usual perm traumas.

It protects your hair from drying out.

It protects your hair from frizzing.

It protects your hair from looking damaged.

The outcome is a beautifully soft, resilient, long-lasting curl.

That's the Protected Curl.



## INTRODUCING

It may just be the best thing to come along since the natural curl. And aren't you worth it?

**PREMIERE PERM  
WITH THE MOISTURE  
PROTECTION BARRIER**



A close-up photograph of a person's skin, likely a face, with a large, dark, glossy curl of hair or a protective cap. The curl is thick and has a smooth, polished appearance. The background is a soft, out-of-focus skin tone.

**THE PROTECTED CURL.**



# Sweet Savage Clint

What happens when Rosemary Rogers, author of *Sweet Savage Love*, interviews Clint Eastwood, the model for her romantic heroes?



She saw a tall man, slim-hipped and hard-muscled, with wide shoulders and a lean, sun-browned face that formed a surprising contrast to his very green eyes. There was something about the way he stood with his legs slightly apart, the reckless slant of his lips, the thin straight nose with nostrils that curled slightly as if he scented her . . .

Millions of women would recognize this description as that of Steve Morgan, hero of *Sweet Savage Love*, the romantic novel by best-selling author Rosemary Rogers.

But how many readers would guess what the dedication at the beginning of the tempestuous romance—"To C.E."—really stands for? Or that the inspiration for Steve Morgan, the Civil War army captain, is superstar Clint Eastwood, a man on whom Rogers has had a schoolgirl crush for the last nine years?

It was 1973, when she was writing *Sweet Savage Love*, her first novel, that Rogers was dragged to see *Hang 'Em High* by one of her three daughters. It changed her life—because there before her in the darkened theater was a man who made her heart flutter and her knees go weak.

"That's Steve Morgan," she gasped, pointing to the gun-toting Eastwood.

Since then, the box-office sensation has often been an inspiration to Rogers, a former Air Force secretary, who has gone on to write eight more best sellers (her ninth will be released this month) and sell 25 million books. Eastwood's picture graces the wall of her Carmel beach house, and she sighs deeply when speaking of his voice ("a velvet growl"), or his graceful, catlike stride, or his "urchin-like, little-boy grin."

Hearing of Rogers's crush on the real Steve Morgan, *Ladies' Home Journal* decided to help her get to know her hero. We sent her to interview Clint, knowing that the woman who has thrilled millions of readers with her fiery prose deserved a thrill herself.

Here, in Rosemary's words, is the story of their meeting.

It's a fantasy come to life . . . a man and a woman. The mountains at our backs and the ocean before us. A beautiful beach—rocks—private cove. Dry white wine and beluga caviar. Music from four (continued)





"I feel like my skin is better with Dove. It's softer."



"My soap was drying my skin. Dove left it creamy smooth."



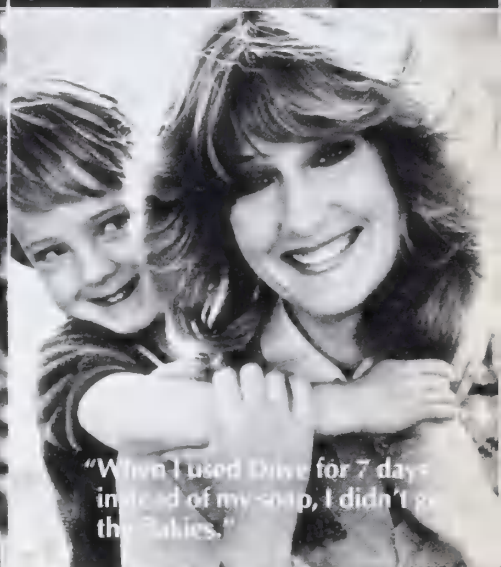
"With soap my skin was very, very dry. But not with Dove."



"Soap leaves my face dry and ashy. Whereas Dove moisturizes it and makes it glow."



"With Dove, I don't get a real tight, stark feeling like I did with my soap."



"When I used Dove for 7 days instead of my soap, I didn't get the 'fakes'."

## Why are you still using soap when women from Scranton to Sacramento will tell you Dove is better?

There is no question about it.

Dove® is better for your face than soap.

These women proved it for themselves by changing from soap to Dove for just 7 days.

You see, soap dries your skin.

It strips away your skin's natural moisturizer.

It cleans your face—dry.

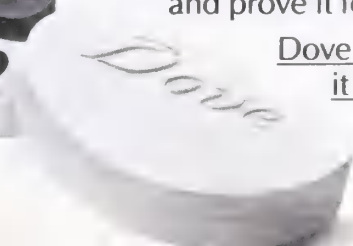
But Dove is not a soap.

It's made quite differently with  $\frac{1}{4}$  moisturizing cream.

So it keeps your skin softer, smoother.

Try Dove instead of soap for just 7 days  
and prove it for yourself:

Dove is better because  
it doesn't dry like soap.





# Eve

## LIGHTS 120's

### TASTES AS GOOD AS IT LOOKS

14 mg. "tar," 1.2 mg. nicotine av. per cigarette by FTC Method.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

© 1981 Liggett & Myers Tobacco Company, Inc.



## CLINT EASTWOOD

### continued

speakers (*Tristan und Isolde* conducted by Stokowski) and a fire in the massive stone fireplace in a cabin that blends in with the surroundings—all rough wood, stone and glass.

Clint and I, together at last, alone . . . the beach deserted, except for the sandpipers and the seagulls swooping down to skim the wave tops before they soar again to pose, wings outstretched, against the crimsoning sky. The ocean crashes ceaselessly in the background, as the flames in the smoke-blackened fireplace crackle, leap and change shape . . .

"Clint," I started, "I must tell you . . ." Just then the telephone rings . . . an interruption (groan) that will be repeated many times during the next couple of hours.

It's my daughter Sharon, 25, who wants to know if she's to start dinner; she hopes I'm being *cool*, but what she's really calling for is to ask what *exactly* is happening with Clint.

Minutes later, another daughter, Rosanne, who is two years older, calls to ask how I cook rice so that it stays fluffy. Pause. Then she, too, asks how it's going with Clint.

We no sooner begin talking again, when one more time the phone rings.

This time, it's my 19-year-old son Adam. He's starving, and hopes Mom is behaving herself.

Ah, well . . . so much for fantasy. If this had been one of my books, Clint would have ripped the phone from the wall. Then . . .

I would have watched the way his eyes narrowed, the way his mouth twitched in a mocking, somehow knowing smile. I would have sensed his sudden awareness of me.

And then? Well, I guess he would have ravished me—with a little assistance on my part—on the rug in front of the fireplace, or in the hot tub.

But unfortunately, I'm not one of my heroines. (And in one of my books, my hero wouldn't have been wearing an undershirt, at least not one that showed, as Clint's did during the interview.) In reality, I'm shy and he's shy. So we sat with my dog Chopper, a Labrador-Shepherd mix, between us, petting and stroking *him* affectionately. Chopper demands attention, and he got it from Clint. They took an immediate liking to each other.

Which left me . . . ? To pour the wine and make the "fixings" that go with caviar. Darn it!

Honestly, all we did was talk, and about practically every subject under the sun (though I did wear my red silk shirt and leave three buttons unbut-

toned). We talked the way people do when they are first getting to know each other. Comfortably. And I guess that is the most outstanding impression I have of Clint Eastwood. He's comfortable to be with and easy to talk to, once he relaxes. And while the characters he portrays on screen are larger than life and as tough as can be, he comes across as a very nice, regular guy. The real Clint Eastwood is no more like the violent characters he often plays than I resemble my daring, super-sexed heroines.

As we talked, I decided that, crush or not, Clint's the kind of man I could be friends with. I found I had a lot in common with him. We're both basically "loners." And we've both had to learn to survive in the cold, rarified air of success without confusing role and reality.

"You can't even go outside without being surrounded by hordes of people. How on earth do you handle it?" I asked. Since we live in the same community, I had seen Clint before at the local golf course and around town—often being mobbed by women waving pieces of paper at him for autographs. From being relaxed and smiling with his eyes, he would stiffen, although the polite smile stayed on his lips. I had always thought how much I'd hate to have to go through (continued)



# The Perfectionist's Haircolor. It makes all the difference between great haircolor and color that's just so-so.

Is your hair doing you an injustice? Is the color as rich and lively as you'd like it to be? Is the gray really covered? Or are telltale strands robbing you of the joy of looking as good as you actually feel?

Now—just when you are enjoying your most productive years—is the time for you to discover the special qualities of the perfectionist's haircoloring, Miss Clairol® Creme Formula.

Miss Clairol Creme Formula is the ultimate type of haircoloring, the one by which other haircoloring results are often measured. Its extra richness assures rich, lasting color.

What's even more important however, is that it completely covers gray, even the most resistant gray.

So if it's perfection you're after: sheer, clear, natural-looking color, you'll find—just as millions of women all over the world have found—that nothing yet has been invented that can promise you more beautiful, more natural-looking color than Miss Clairol Creme Formula.

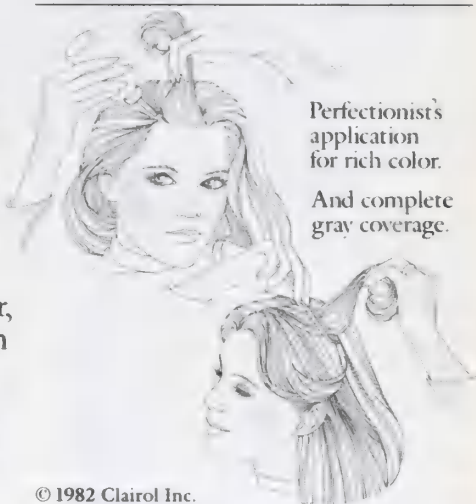
True, Miss Clairol Creme Formula takes a little longer to apply than shampoo-in haircolor, but what's a few extra minutes



when the results are so rewarding?

Some women get so adept, so quick at the process, they've even taken to mixing two or even three shades to achieve a subtlety in color not otherwise possible.

You'll find the color younger, fresher, even more lustrous than you hoped. So healthy-looking, too, with that lovely light-catching quality you'd expect to find only in the soft, silky tones of a child's hair.



Perfectionist's application for rich color.

And complete gray coverage.

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Isn't it wonderful to know that you can accomplish this much for yourself with so little effort and expense?

Try Miss Clairol Creme Formula.  
You'll see!



**Miss Clairol  
Creme Formula**  
The perfectionist's haircolor.



If you hate mosquitoes, but love people.

You want two things in an insect repellent. A repellent that repels insects. And a repellent that doesn't repel people.

Cutter Evergreen gives you both.

Wherever people do heavy hiking and backpacking, you'll find Cutter. We think that's as strong a recommendation as there is.

And it's just as effective, just as pleasant to use, right in your own back yard.

Look for Cutter Evergreen, in spray, lotion, or convenient stick, even if you have to look a little harder.

It's worth it. **Cutter Evergreen.**



# Best Smeller.

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## CLINT EASTWOOD

continued

something like that every time I went out, somewhere—especially if I was with one of my children.

Clint shrugged. "Well, I just look straight ahead, most of the time, especially if I'm supposed to be playing golf." He peered into the jar of caviar. "At the price of this stuff, we better finish every little bit of it," he smiled.

The relaxed smile on his face at that moment was so different from his other, public smile. He has a "blinkered" look in public. He doesn't glance around even when he tosses some reply or repartee over his shoulder in answer to a question or comment by one of the persistent fans who lie in wait everywhere he goes.

Even when we had driven to my townhouse earlier in his silver-gray Mercedes ("Your Mercedes or mine?" I had quipped.), I was sure I'd seen him wince at the enthusiastic welcoming committee of my five children and their friends. From there we headed to my nearby beach house, a place I often go to be alone.

As we chatted and sipped our wine, I realized that the inner Clint is not easy to get to know. He has a shell around him, and it's obvious that he's very self-protective.

"I've never been an extrovert," he told me. "Then again, most actors are introverted."

He told me how as a child he had spent hours in his own fantasy world, as I had. I was always Princess So-and-So, waiting for the prince. To act or to write, I think you have to retain that childhood, once-upon-a-time quality in yourself, because you're still living with fantasy.

### A lot of the little boy

I was able to sense that there's a lot of the little boy left in Clint. And he laughed uproariously when I told him how my son Adam scared everyone with his dramatically enacted death scenes (sometimes involving plunges downstairs). "I used to do that," Clint recalled. "My mother hated it when I covered my shirts with ketchup for blood."

About his own children, Clint said, "I try to give them as normal a life as is possible, and as normal a perspective on life as is possible."

Clint spends as much time as he can with his "little squirts," as he calls son Kyle Eastwood, 13, and Alison, 9. [He has been separated from his wife, Maggie, since 1978, and is now involved with actress Sondra Locke, who has appeared in several of his films.] He had promised to take his children

to the movies later that evening. "All kids are natural actors, playing at make-believe," he remarked. "It's only when you are 'adult' that you start to have inhibitions."

Still, he told me, "Things were simpler when you and I were growing up. Children in this day and age don't seem to have the fun and sense of direction that we had. We weren't the products of the bomb and nuclear age. We had more choices."

We talked of the pressures on children today—sharing our experiences and advice. His kids are much younger than mine and I teased him that "the worst" was still to come. On a more serious note, he seemed quite taken aback when we talked about drugs in school today—very quiet and surprised when I told him how shocked I was to see drugs changing hands in junior high schools.

He said he was also bothered by the seeming boredom of children now—the need for that artificial high. "You know, when I was young, we entertained ourselves," he remarked quietly. "I can't understand why that's not enough anymore."

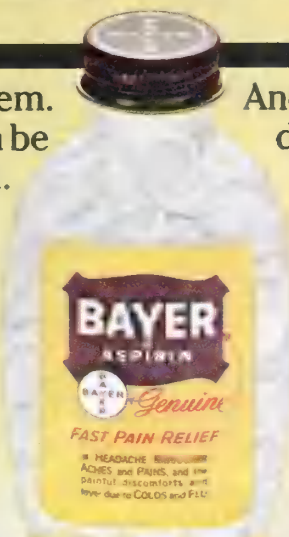
The values that Clint wants to share with Kyle and Alison are obviously taken from his own childhood—the same kind of values that his parents brought him up with: self- (continued)

# Inflammation: a major cause of arthritis pain.

Inflammation can be a real problem. It causes stiffness in joints and can be a primary source of arthritis pain.

To relieve that inflammation and its pain, take Bayer® Aspirin. Because Bayer contains the anti-inflammatory pain reliever doctors recommend most for arthritis pain.

In fact, nothing you can buy without a prescription gives you more relief than Bayer. Nothing.



And some pain relievers, like Tylenol, do nothing for inflammation.

Next time you select an arthritis pain reliever, make sure it not only works for hours on the minor pain, but also on the inflammation that can cause the pain. Bayer Aspirin works.

Read and follow label directions. If pain persists for more than 10 days, or redness is present, consult a physician immediately.

## Nothing gives you more relief than Bayer. Nothing.



sufficiency, loyalty, a kind of inner strength. He always considered himself lucky to have the kind of parents and grandparents he did—even though times were rough growing up.

Clint Eastwood, now 52, was a Depression kid, and his family moved around a lot while his father sought work wherever he could get it. Until his family finally settled in Oakland, California, where he attended high school, Clint couldn't make any really close friends. His pals from those Oakland days are still his best friends—people he can trust completely and who return his loyalty.

He started his career as a \$75-a-week bit player for Universal, where he appeared in such forgettable films as *Revenge of the Creature* and *Tarantula*. But Clint got his big break in 1959 when he was cast as the young lead in the *Rawhide* television series.

Offscreen, Clint, like me, isn't at all a party person, and has never been tangled up in the artificial social whirl of Hollywood. Happily, he's been able to cope with fame, avoiding the tragic problems of people like John Belushi or Freddie Prinze, who couldn't handle it. Although he's now one of the world's most popular actors, he leads a very ordinary, normal, sane life, and says he's basically happy and relaxed.

"I try to stay cool," he said. "I don't get uptight or worried because worrying doesn't do any good. I concentrate on what needs to be done and what I can do well. I'm content because I'm doing what I want to do. And at least I'm not screwed up inside like too many 'successful people' who are basically unhappy."

### Any more challenges?

"How do you measure success?" I asked him. "Are there any more challenges left for you?"

In answer, I got a grin that was almost teasing; then he became thoughtful. "Well, I guess what I think of as success is being able to do what I want to do, rather than what someone else tells me to do. And challenges—there are still a lot of things I want to try." [Clint has his own movie production company, Malpasco, and he now frequently directs and produces the films he stars in. Studio executives know that Eastwood projects invariably turn out to be surefire successes. His latest movie, *Firefox*, an espionage thriller, will be released this month.]

Will he continue acting and directing? Sure, he laughed. Possibly another Western (later, when everyone else has stopped making bad ones) and someday he may even do a romance (maybe one of mine?).

Personally, he says he does believe in romance. At least *sometimes* he thinks the magic can still happen. Chemistry—electricity—whatever one chooses to call it. No, I did not ask him about his love life! Personal privacy, even for so-called public figures, is very precious. (And maybe I just didn't want to know and have my dreams permanently shattered!)

We talked about yoga and meditation and how much it helps to keep you from becoming too tense and uptight. About the supernatural and reincarnation—even the friendly ghost who inhabits my house in Carmel. (Yes, honestly. All my kids have "experienced" him.) And about astrology, which we both find fun (Clint's a Gemini), though he believes as I do that you do control your own destiny.

### The most important thing

We also agreed that being content with who you are inside and what you're doing is the most important thing. And not getting the make-believe role you happen to be playing (whether it's the super-hero or the super-writer) mixed up with your real life and real values.

We're in the middle of this serious conversation . . . when I suddenly realize I'm talking to *him* like an old friend. Asking his advice on how to keep my 23-year-old son, Michael, from driving too fast . . . even confiding that there is an extra-special guy I really care about. (Clint's advice to me on dealing with personal problems is to "meditate a lot.")

Suddenly I realize that *I'm* the one

doing most of the talking—Clint is definitely a terrific listener.

The sun is setting now, and the bottle of wine is finished . . .

"Clint! I'm supposed to be interviewing you," I groan. "What did we talk about? What am I going to write?"

He shoots me a mischievous, little-boy grin, "Oh, you'll think of something, babe!" Big help. I say so aloud and he grins again.

It's starting to get dark as we end the interview. Now we won't run the risk of oncoming cars veering off the road as the drivers recognize Clint Eastwood—and no doubt wonder who his female companion is.

It's off to the movies for him, and time for me to feed my kids. As I said, so much for fantasy. But I think we will meet again now that he's met my children, kissed my six-month-old granddaughter and developed a real rapport with my dog. He might even take me up on my invitation to visit.

After all, I think he knows by now that while I might dream, he's quite safe from being attacked by this grandmother.

But if Clint were really Steve Morgan, the story might end this way:

*At last, as he began to kiss her tenderly, he murmured the words she had waited so long to hear.*

*"My beautiful brown-eyed vixen, you've driven me half-mad ever since I set eyes on you. Didn't you sense with your woman's intuition that I loved you, that I've always loved you. . . ?" And she knew that all her memories in the future would begin with this moment.*

End





# RAGU' INTRODUCES PERFECT HOMEMADE PIZZA. SIMPLE AS PIE.



With new RAGU' Pizza Quick® Crust Mix and new Pizza Quick® Chunky Style sauces it's simple to make perfect homemade pizza.

Pizza Quick Crust Mix has everything you need to easily make the trickiest part—the crust. Even a scoop to measure out the Mix for a crust that's thin and crispy or thick and chewy.

Just spoon on either new Chunky Style sauce—"The Works" or "The Big Combo"—complete with chunky toppings like peppers, mushrooms and tasty meats.

Add fresh cheese, and bake.

In minutes you'll have hot homemade pizza with taste you can't get from a freezer, or a boxed pizza kit.

New Pizza Quick Crust Mix, in your store's boxed pizza section. And new Pizza Quick Chunky Style sauces, in the RAGU' Sauce section.

The Ragu' pizza. No matter how you slice it, you'll get perfect homemade pizza, simple as pie.

**New Ragu' Pizza Quick Crust Mix and new Chunky Style sauces.**



# A Simple Wedding

They were about to exchange vows at home, with just a few of their closest friends. What could go wrong? Plenty!

By Mary Elmblad

"Do you take this man," the minister said, "to be your lawfully wedded husband?"

"The eighth integral function," the bride said.

"I beg your pardon?" the minister said.

"The problem is in the eighth integral function."

"Lucy," the groom said, "concentrate. Answer the man."

The bride looked at the groom and then at the minister.

"Could you repeat the question?" (continued on page 121)





Since 1976,  
One Cigarette  
Has Done More  
To Change The  
Way People  
Smoke Than  
Any Other  
Brand...



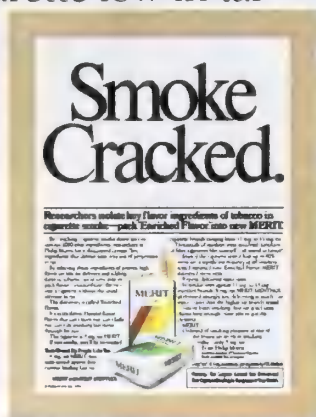
# ME

# The cigarette that challenges

**MERIT: The Most Significant  
Breakthrough In Smoking  
Since The Filter.**

In the early 1970's, most smokers believed that a cigarette low in tar also had to be low in taste

Then, in 1976, after twelve years of intensive effort, scientists isolated key flavor components from cigarette smoke — natural ingredients that delivered taste way out of proportion to tar.

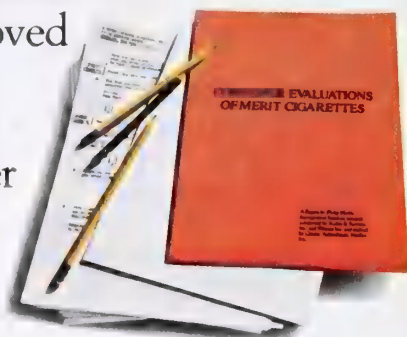


Warning: The Surgeon General Has Determined  
That Cigarette Smoking Is Dangerous to Your Health.

This breakthrough severed the link between taste and tar, which led to the development of MERIT, a low tar cigarette capable of delivering extraordinary taste.

**MERIT: The Cigarette That  
Delivers The Taste Of Brands  
Having Up To Twice The Tar.**

The MERIT achievement was confirmed in taste tests involving thousands of smokers. For the first time ever, published research proved that a low tar cigarette could deliver the taste of leading higher tar





# RIT

## gher tar smoking—and wins.

brands—even cigarettes having up to twice the tar.

### **MERIT! The Proven Taste Alternative To Higher Tar Smoking.**

Smoker response was overwhelming. Since the introduction of MERIT, millions of smokers have switched to—and stayed with—the only proven taste alternative to higher tar smoking. The latest survey among this group confirms that 9 out of 10 say MERIT is an easy switch, that they didn't give up taste in switching, and that MERIT is the best-tasting low tar they've ever tried.

### **MERIT ULTRA LIGHTS: The Only Ultra Low Tar Cigarette That Gives You The MERIT Taste Idea.**

Now, the MERIT taste idea has been extended to MERIT ULTRA LIGHTS. A milder MERIT for those who prefer an ultra light cigarette. It's setting a whole new taste standard for ultra low tar smoking.



**Millions of smokers have already discovered why MERIT and MERIT ULTRA LIGHTS are changing the future of smoking.**

## **To those who haven't, the time is now...**

Kings: 7 mg "tar," 0.5 mg nicotine—100's Reg: 10 mg "tar," 0.7 mg nicotine—100's Men: 9 mg "tar," 0.7 mg nicotine—Ultra Lights: 3 mg "tar," 0.3 mg nicotine av. per cigarette, FTC Report Dec.'81—Ultra Lights 100's: 5 mg "tar," 0.5 mg nicotine av. per cigarette, by FTC method.



# Take The Challenge

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High tar, low tar or ultra low tar... No matter what you're smoking now, MERIT and MERIT ULTRA LIGHTS have a cigarette to challenge the taste satisfaction of your present brand—at surprisingly low tar levels.

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Warning: The Surgeon General Has Determined  
That Cigarette Smoking Is Dangerous to Your Health.



# e Merit enge.



## Here's How To Take The MERIT Challenge:

Just mail in the attached postcard. You will be sent two free packs of the MERIT or MERIT ULTRA LIGHTS of your choice.

Take the MERIT Challenge by comparing MERIT to the brand you're now smoking.

You'll taste why MERIT and MERIT ULTRA LIGHTS are changing the future of smoking—today.

If postcard is missing, a new card may be obtained by writing:  
The MERIT Challenge, P.O. Box 5330, Hicksville, N.Y. 11816.

Only one Challenge per household. Offer void to persons under 21 years of age. Offer good in continental U.S.A. except where taxed, prohibited or otherwise restricted. No orders accepted from groups or organizations. Offer expires Dec. 31, 1982. Allow 8 weeks for delivery of cigarettes from date postcard is mailed.

Kings: 7 mg "tar," 0.5 mg nicotine—100's Reg: 10 mg "tar," 0.7 mg nicotine—100's Men: 9 mg "tar," 0.7 mg nicotine—Ultra Lights: 3 mg "tar," 0.3 mg nicotine av. per cigarette, FTC Report Dec. 81—Ultra Lights 100's: 5 mg "tar," 0.5 mg nicotine av. per cigarette, by FTC method.



# Beauty Journal

For delightful June days . . . best summer face tints, a look at eyewear for active sports, plus an exercise to firm thighs.

## Rx FOR SPORTS EYEWEAR

Calling all sports enthusiasts who need glasses or contact lenses. Swimming twenty laps or acing your tennis serve . . . whatever your sport, it's not whether you win or lose, but how you see the game! Here, guidelines on how to choose the best prescription eyewear, from Dr. Robert Sandow, New York City optometrist.

**Safety and comfort tips.** ● For glasses: Angled side-bars that wrap behind ears work better than the straight temple bars to hold glasses on. But, if your sport is super-active, also consider an elastic cord that attaches to the side-bars and goes around your head to keep glasses securely in place. ● For sunglasses: Dark-gray polarized lenses are generally best, absorbing the most glare from sand, water and road surfaces. The lighter your eye color, the darker the sunglass lenses should be. (Lighter eyes are more light-sensitive.) ● For contacts: Soft lenses conform more closely to the shape of the eyes so there's less risk that they'll pop out or that dust, cinders, etc. will lodge between eye and lens.

### YOUR SPORT

There are preferred kinds of eyewear for your favorite sport:

**Swimming:** Goggles are a must for serious swimmers. (See chart page 80.) Remove soft or hard contact lenses before going into the water or they'll simply float away.

**Tennis:** Sunglasses make sense for bright days, but not if lenses are gradient (darker top, lighter bottom). Whenever you look up, the ball will be half in shadow.

**Sailing:** Winning combination—soft contact lenses plus non-prescription sunglasses. If splashed, you can remove sunglasses, wipe clean and still have sharp focus.

**Biking:** Wind is a cyclist's worst enemy, blowing particles into eyes. Prescription sunglasses provide an effective windshield.



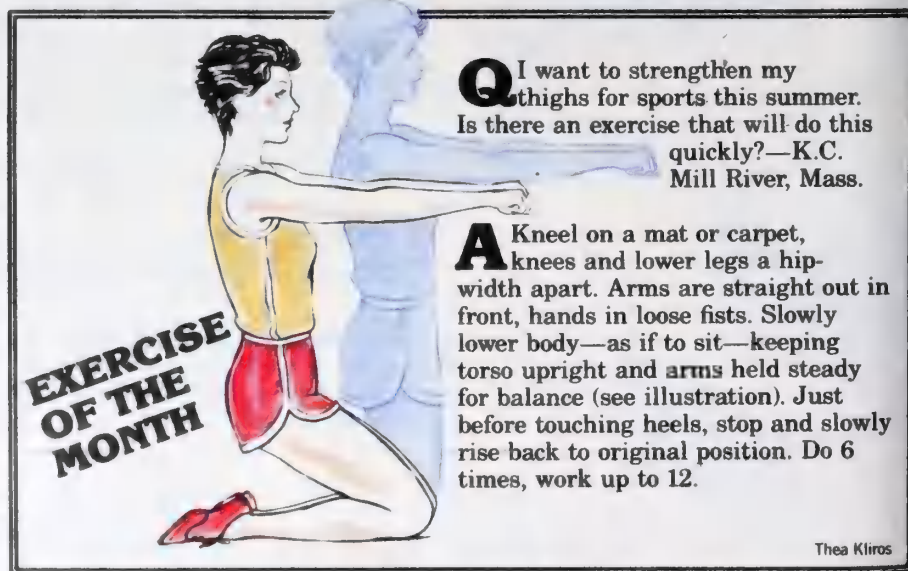
## SAFE FOR SUMMER: A LITTLE FACE COLOR

Healthy glow or pale face—which looks better? If you're like most, you'll opt for a fresh flush of color . . . but how do you get it without baking in the sun and tempting fate with skin damage? Answer: Allover face color makeups can give you a natural look in just the time it takes to smooth them on. They're now in so many forms, it's easy to find one that works for you. ● A gel that takes you beyond pale to bronze. ● A creamy moisturizing tint, frequently with sunscreen. ● A liquid wash the color of peaches. ● Sheer face gloss to let younger skin shine through. ● A terracotta-colored powder that deepens your skin tone.

## OUTSTANDING IN THE BEAUTY FIELD

Summer sets the scene for changes in your beauty regimen. These new boosters will help take care of both you and your family.

● **Travel light.** Instead of toting a beach-bag of suntan lotions, now you can take just one tube containing three SPF's (8, 5 and 2). Select the SPF you need simply by turning the cap of Jovan's Dial-a-Tan, 3.5 oz., \$4.50. ● **Be brief.** A creme for the bikini area removes unwanted hair painlessly. Comes with finishing moisturizer to condition skin. Bikini Bare, 2-oz. depilatory, .75-oz. moisturizer by Longview Products, \$5.50. ● **Rated G.** Your kids' favorite Star Wars characters have invaded the tub, as soap (\$2), shampoo and bubble bath (\$5 each). Star Wars Bath Collection by Omni. ● **Four in one.** A new conditioner for hair penetrates, moisturizes, texturizes and mends split ends. Salon Formula Flex Complete Conditioning Complex by Revlon, 4-oz. tube, \$4.50. ● **Your body deserves the very best care.** Kit includes firming gel for massage, moisturizing lotion and body creme. Expensive, but worth it. Body Life Bodycare Kit by Helena Rubenstein, \$45.



**Q** I want to strengthen my thighs for sports this summer. Is there an exercise that will do this quickly?—K.C. Mill River, Mass.

**A** Kneel on a mat or carpet, knees and lower legs a hip-width apart. Arms are straight out in front, hands in loose fists. Slowly lower body—as if to sit—keeping torso upright and arms held steady for balance (see illustration). Just before touching heels, stop and slowly rise back to original position. Do 6 times, work up to 12.

Thea Kliros



What your hairdresser does in the salon, Ogilvie does at home with...

# Ogilvie Home Permanents

**Predictable results  
and a long-lasting perm that can  
really hold a set.**

Only Ogilvie Home Perms have exclusive Pre-Perm<sup>®</sup> conditioner with protein. It helps put your hair in the best possible condition. So you can style it the way you want. And get a long-lasting perm that can really hold a set.

This salon-proven conditioner comes with all three Ogilvie Home

Perms. For more body with springier waves or curls, it's Regular Body & Set. For full body with waves or curls, it's Soft Body Wave. And for the most body and the springiest curls ever, it's Extra Body & Set.

Three different Ogilvie Home Perms for three different looks. But each one can give you the two things you want most from a home perm: predictable results and a long-lasting perm that can really hold a set. And hold it. And hold it.





# WE'RE NO LONGER IN THE DARK ABOUT HEADACHES THAT BEGIN IN YOUR SLEEP.



The morning headache. There aren't many more unwelcome things to wake up to. But, happily, we know much more about morning headaches than ever before.

The source of the problem may very well lie in a tiny joint located where the jaw meets the skull, the temporomandibular joint (TMJ). If the TMJ is the slightest bit out of alignment, then something as common as everyday tension can cause the muscles around the TMJ to tighten. This can result not only in headache pain, but pain in other areas as well. Including the jaw, neck and ears. Not to mention clicking and popping sounds when you open and close your mouth.

## Proper diagnosis is the key.

If you have these pain symp-

oms, check with your dentist or see an Oral and Maxillofacial Surgeon. A specialist in the areas of the mouth, teeth and jaws, the oral surgeon is in a good position to correctly diagnose what's wrong. If he doesn't treat it himself, he'll tell you where you can get the help you need.



## Concern for your total health.

Of course, problems associated with the TMJ are

just one area of concern to the oral surgeon. He cares, for example, for patients with impacted wisdom teeth.

He works to correct conditions that make it difficult for patients to wear dentures. He treats facial injury. He surgically corrects the poorly shaped jaws many people suffer from.

What's more, the oral surgeon is actively involved in alerting the public to hidden everyday hazards. A prime example is the safety bar on the back of most school bus seats, a frequent cause of childhood facial injury. In addition, oral surgeons recommend the mandatory and proper use of sports safety equipment; such as goalie masks, mouthpieces



and helmets. They also recommend the routine use of automobile seat belts. Because prevention is always the best policy.

## Write to us.

For more information about this dental surgical specialty, please send for our free brochure. Write:

*The American Association of Oral and Maxillofacial Surgeons, P.O. Box 1024, Tinley Park, Illinois 60477.*

And remember, if you suffer from morning headaches, aspirin can only mask the pain. An oral surgeon can help eliminate it.



**AMERICAN ASSOCIATION OF ORAL AND MAXILLOFACIAL SURGEONS  
DENTAL SPECIALISTS WORKING TO INSURE YOUR TOTAL HEALTH**



PROBLEM FOR PARENTS:

High Tuition  
+ Budget Cuts

THE COLLEGE CRISIS

Ken Korsh

By Alexandra G. Greeley

Whether your children will be ready for college in the near future or years from now, you should know about the troubled outlook for higher education and what you can do to ease the heavy costs.

This month, nearly 1.3 million students will be graduating from colleges and universities across the country. As they receive their diplomas, their parents will take pride in having helped and encouraged them to get a good education so they can live a better life. But now that basic American dream for our youth is threatened. From 1980 to 1981, the average total price of a year at college jumped 14 percent and is expected to keep climbing. In addition, the government has cut back sharply on the available financial aid to higher education. As a result, many middle-class parents will face a real dilemma—go deeply into debt or not educate their children.

Keith and Jean Fraser, of Port Washington, N.Y., will feel the pinch this year when they send their son, Gor-

don, to college. They had hoped he could go to the private university that his sister attended six years before, but tuition at that school is now prohibitive. Gordon enrolled instead in a state university. Even so, his expenses will run about \$5,000 a year. The Frasers, who have a combined income before taxes of \$40,000, no longer qualify for federal assistance, and they had to take out a sizeable loan to cover Gordon's costs.

"On paper it looks as though we have a big income," says Jean. "I know we're not starving, but our cars are ancient and Keith can't possibly consider early retirement now. We don't buy new clothes, go out to dinner or take vacations. Every spare penny goes for tuition."

Eighteen years ago, the Frasers,

like many middle-class parents, figured on paying their infants' far-off educational expenses with salary plus savings. But college costs are now so high that most parents who dutifully put aside money can't hope to cover all educational expenses. Only the wealthy can afford to hand over enough money to meet rising college costs. Today, the average total yearly expense for a resident student at a state university is \$4,000; for a student at a private college, it's \$6,800. The most prestigious schools, such as Harvard and Stanford, cost more than \$10,000 a year. Penelle M. Paderewski, assistant director of College Scholarship Service, a New York-based division of the College Board, notes that if inflation and tuition increases continue, some top schools (continued on page 51)



# Facts about our chip and your shortstop





# and nutrition that you should know.

She's a hero. Bottom of the seventh, tie  
re, two outs, and she hits a homerun. Now  
s home. Hot, happy, and humble, but most  
all hungry. What will you do if she asks for  
ato chips?

How will you feel as a mother, knowing  
v hard you try to get your family  
eat the right things?

**The more you know,  
the better you'll feel.**

Right off, we're going to tell  
a that our snack chips are not  
e answer to total nutrition, but  
ey can be part of it.

No food provides all the  
trients in all the amounts  
quired for good health. That's  
y a balanced diet's important.  
d when your family enjoys our  
ips as part of that balanced  
et, they're getting beneficial  
trients in every ounce.

**Take Lay's® Brand Potato  
Chips for example.**

A one ounce serving (about  
-20 good-sized chips) is a good  
ource of Vitamins C and B<sub>6</sub>. In total, Lay's  
tato Chips contain at least 13 widely  
cognized nutrients. Because they're sliced  
m fresh potatoes and quick-cooked to help  
ep the natural nutrients in.

**Kids don't watch calories,  
but you do.**

That same one ounce serving contains  
ly 150 Calories. That's a surprising figure to  
ot of people. They expect much more from  
potato chips.

So even if your family eats more than one  
ounce, and sometimes that's easy to do, they'll  
ill get fewer calories than you thought.

## What about salt?

One ounce of Lay's Potato Chips has  
less sodium than a lot of foods you'd never  
think of. Like a ½ cup of cottage cheese.  
Two slices of bread. Or an 8 ounce glass of  
tomato juice. But it's easy to explain. Potato  
chips taste salty because the salt is  
on the outside. The same goes  
for our corn chips. And they have  
even less salt.

## The facts about cholesterol and preservatives.

The regular flavor Frito-  
Lay chips shown below contain  
no cholesterol. None. Because  
they're fried only in vegetable oils  
that are high in polyunsaturates.  
The chips flavored with cheese  
or sour cream are fried in the same  
oils but contain the small amount  
of cholesterol that comes from  
real cheese and sour cream.

And there are no preserva-  
tives in any of these chips, regular  
or flavored.

All this is on the back of the  
bags. No one said we had to have  
nutrition labeling. But we like to play fair.

**Lay's**

### Potato Chips

#### NUTRITION INFORMATION

Per Serving: Serving Size 1 ounce Number of Servings 8

Calories .....	150
Protein .....	2 grams
Carbohydrate .....	14 grams
Fat .....	10 grams
Cholesterol*	
(0 mg/100 g) ...	0 milligrams
Sodium	
(925 mg/100 g) 260	milligrams
Potassium	
(720 mg/100 g) 205	milligrams

Percentage of U.S. Recommended Daily Allowances: U.S. RDA

Protein .....	2
Vitamin A .....	**
Vitamin C .....	10
Thiamine .....	2
Riboflavin .....	**
Niacin .....	4
Calcium .....	**
Iron .....	2
Vitamin B <sub>6</sub> .....	10
Phosphorus .....	4
Magnesium .....	4
Copper .....	6

\*Information on cholesterol content is provided  
for individuals who, on the advice of a physician,  
are modifying their total dietary intake of  
cholesterol.

\*\*Contains less than 2% U.S. RDA for this nutrient

**Frito-Lay®**

## GOOD THINGS TO KNOW ABOUT GOOD THINGS TO EAT.



For more information about nutrition and our chips, write: Frito-Lay P.O. Box 35034 Dallas, TX 75235





*In every woman there's a place  
where life and vision interlace.*

*Where you look back to see  
how far you've come,  
and you know the best has just begun.*

*This is the place.  
This is the Emeraude of your life.*



*Emeraude  
Perfume by Coty.*



## COLLEGE CRISIS

continued from page 47

may be charging \$40,000 annually by the year 2000, which is when a baby born this year will be entering college.

To meet rising college costs, many parents have relied on financial assistance from the federal government. But last spring, as part of the President's fiscal plan, Congress placed new limitations on some aid programs and reduced others. As the *Journal* goes to press, the administration has proposed slashing billions more from the budget for higher education.

The proposed cutbacks have alarmed many educators, parents and students. In March, more than 5,000 students demonstrated at the Capitol against the changes, and legislators received an avalanche of protest mail. Yet, warns John Phillips, president of the National Association of Independent Colleges and Universities (NAICU), many parents, worried about future cuts, still don't fully realize the ripple effect of the budget cuts already in place. They face a rude awakening when they apply for financial aid.

Of all the cuts, changes in the Guaranteed Student Loan (GSL) program may be particularly hurt. For several years, the GSL has been the lifeblood of many universities and at the core

of many students' aid packages. While critics of the program maintain that some families receive the relatively low-interest loans and re-invest the money at higher rates, the vast majority of borrowers truly need the loans to meet educational expenses.

"At many of our schools, there is more GSL aid than all other federal aid programs combined," says Joel Packer, assistant director for government relations at the National Association of State Universities and Land Grant Colleges (NASULGC). In 1980, 2.3 million students borrowed under the program and in 1981, before the changes went into effect, more than 3.5 million students got GSL loans. Maureen McLaughlin, an analyst at the Congressional Budget Office, estimates that nearly 950,000 students will be affected this year; of that number, 500,000 won't qualify for the loan and 450,000 will receive less money.

Started in 1965, the GSL was intended for families who made less than \$25,000. Four years ago, Congress eliminated the income cap. So, any college student, regardless of circumstances, could borrow from a private lender up to \$2,500 annually at a seven percent (later nine percent) government-subsidized interest rate.

As market interest rates have soared, demand for the relatively

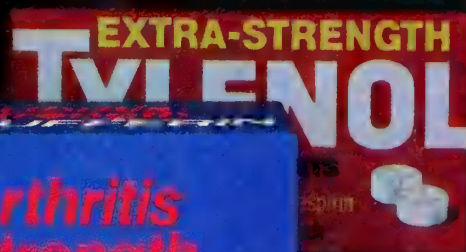
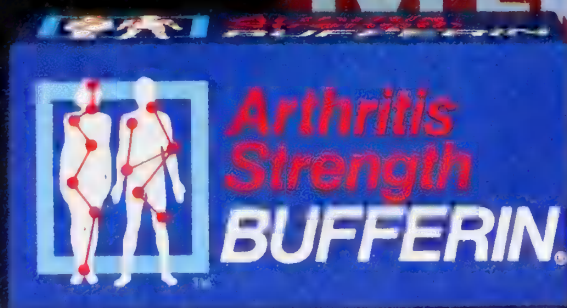
low-cost GSL loans has increased. Nervous about the ballooning government subsidy, Congress stiffened the loan requirements last October. A family whose annual adjusted gross income exceeds \$30,000 must now pass a "needs test," which weighs such factors as family size, number of dependents attending college and family income. The needs test does not consider family assets or house equity, but neither does it include location, which can make a difference. For instance, a \$33,000 income in upstate New York is considered large, say aid officers, but it won't go far in metropolitan Manhattan.

### How big a loan?

The amount of GSL money a student receives depends on the cost of the college. For example, a family with two children that makes \$36,720 a year, with an after-tax income of \$27,120, and that has one child in college would, by federal calculations, be expected to contribute \$4,090 a year toward the child's educational expenses. Let's suppose the child attends a state university with expenses of \$4,500. The total cost, \$4,500, minus the parents' contribution, \$4,090, would leave a need of \$410. That remaining need would be covered by a GSL loan, if the parents (continued)

## ARTHRITIS SUFFERERS:

Arthritis Strength BUFFERIN® reduces the inflammation the leading non-aspirin pain reliever can't.



Arthritis Strength BUFFERIN contains aspirin. And aspirin is the pain reliever doctors prefer for reduction of the painful inflammation that often accompanies arthritis.

Take Arthritis Strength BUFFERIN. It reduces the inflammation Tylenol and Extra Strength Tylenol can't.

## Arthritis Strength BUFFERIN



Because arthritis can be serious, if pain persists more than 10 days or redness is present, consult your doctor immediately.

Use only as directed. © 1982 Bristol-Myers Co.



could find a bank to make a loan that small. If the child attends a private school for \$9,000, the need, after the parents' contribution, would be \$4,910. The child would qualify for the full \$2,500 GSL loan and would have to make up the remaining \$2,410 through college grants, student savings, state awards, part-time jobs—or an even larger contribution from the parents.

In addition, borrowers must now pay an "origination fee" of five percent, which means that on a \$2,000 loan the student would actually receive \$1,900, although he or she will pay interest on the full amount. Also, loan repayment

begins six months after graduation, instead of nine months as before.

The administration's proposed budget cuts would limit the GSL program even further. A needs test would be required for any borrower, regardless of income. The origination fee would be doubled, interest rates raised to market level two years after the student begins repayment and all graduate students would be eliminated from the program.

Other federal programs are also being cut. Pell grants, named after Senator Claiborne Pell of Rhode Island, have been available to eligible families with incomes up to \$27,000, but next year the income cut-off will be about \$22,000, eliminating an estimated 400,000 middle-income recip-

ients. If the proposed budget is accepted, the eligibility income limit will fall to \$15,000. Social Security benefits for students whose parents are disabled or deceased are being phased out. Campus-based aid programs, which are federally funded but administered by the schools, were trimmed last year and under the administration proposal, several will be dropped completely from the federal budget.

With such major changes in college financing and rapidly escalating tuitions, some educators worry about the future of higher education. They fear that the financially strapped middle class won't have access to the colleges they may want to attend. Already, Wesleyan (continued on page 137)

With rising tuitions and changes in federal aid, parents face an obvious problem: where to find the money. If you're hoping to send a child to college within the next year or so, here are a few suggestions:

**1. Auxiliary Loans to Assist Students.** This state-administered program began as Parent Loans to Undergraduate Students (PLUS) but was extended last year to include graduate students and independent undergraduates as well as parents. Known by the rather amusing acronym ALAS, it is meant to help families ineligible for the GSL. Parents or students may borrow up to \$3,000 annually at 14 percent interest. Repayment begins 60 days after the loan is issued. Financial need is not a factor. Check with a high school counselor, college financial aid officer or local banker to see if ALAS is available in your state.

**2. College plans.** Many schools have set up installment plans with a finance charge for parents who can't afford lump-sum payments. Some colleges are also lending money out of their own funds. Check with the college's financial aid office to explore all avenues of aid.

**3. Scholarships.** To find out about private grants, check financial aid reference books at your local library. Dr. Norman S. Feingold's book, *Scholarships, Fellowships and Loans*, lists thousands of grant and loan sources as well as the qualifications needed.

Community groups are an often overlooked source for money. Read club and church bulletins and ask high school counselors for what's available locally. Also check with your employer. Some corporations have scholarship funds for employees' children.

**4. Commercial firms.** Various private companies have set up programs to help parents budget for college and to borrow money. For example, the Richard Knight Agency of Boston offers the New Insured Tuition Payment Plan. Parents take out a life insurance policy that will cover the students' tuition in case a parent dies. In addition, the family makes monthly pre-payments toward tuition, which forces them to set aside money for college. If not enough money has been saved, the agency will lend the parents the needed amount at 12 percent interest. Consult your college

financial aid officer for details about private plans.

**5. State aid.** All states have grant programs, but the terms vary. In New York, the Tuition Assistance Program (TAP) awards grants of \$250 to \$2,000 a year to students from families with after-tax incomes up to \$25,000. Students must have good academic standing and attend school full-time. Some states specify that the student must attend a college in that state. Ask your high school counselor or college aid officer for more information.

**6. Part-time jobs.** To pay college costs, studies show that a student would have to work more than 20 hours a week—which doesn't leave enough time to maintain good grades. Yet a less time-consuming position, perhaps less than 15 hours a week, can help pay for incidentals. College financial aid offices usually have listings of jobs available on campus.

**7. The military.** The Reserve Officer Training Corps (ROTC) program pays all college costs except room and board. In exchange, a student must attend a ROTC course while in college and a six-week summer camp, and then put in four to six years of active duty after graduation. The National Guard also offers a college package.

**8. Cooperative education.** Many colleges permit students to alternate a semester of in-class studies with a semester of on-the-job experience. While working, students often make enough money to pay for the next semester. For a free directory of schools with cooperative education programs, write to the National Commission for Cooperative Education, 360 Huntington Ave., Boston, Mass. 02115.

**If college for your children is several years away, here are ideas for planning—and saving—ahead:**

According to Deborah C. Foord, a vice-president at the investment firm Scudder, Stevens and Clark, "The way in which parents choose to accumulate money for a child's education should depend on how much of their present income or assets they can set aside, confident it won't be needed for an emergency." For the small investor, she recommends a family of no-load mutual funds, which offer a variety of investment options. Mutual funds generally require a minimum investment of \$500 to \$1,000.

Friends and relatives, Foord says, should be encouraged to make any educational contributions early so the money can be invested. Annual gifts up to \$10,000 aren't federally taxed. The gift may be made to a parent acting as a custodian for the child.

Parents in high tax brackets might consider establishing a Clifford Trust, which can run for a specific time but no shorter than ten years. The income from the trust would be paid to the child, who is most likely in a lower tax bracket, and the money could be used for educational expenses. A lawyer should be consulted about establishing such a trust.

Another possibility is a Crown Loan. A parent lends money to the child but doesn't charge interest. The federal government won't place a gift tax on these loans if each year's foregone interest doesn't exceed \$10,000 (or \$20,000 if both parents make the loan). The child invests the money and uses the return for college. The principal is left to repay the loan. These loans can be tricky—consult a lawyer.

A parent might also look into term life insurance. These relatively inexpensive policies are bought for a limited period. When the policy expires, no money is received. But if the parent dies before the expiration, the funds can be for college.

## For More Information

■ The Action Committee for Higher Education—the latest news on government cutbacks: (800) 368-5705.

■ United Student Aid Fund—how to obtain a Guaranteed Student Loan. East of the Mississippi: (800) 428-9250; Indiana: (800) 382-4506; west of the Mississippi: (800) 227-3037; California: (800) 652-1519; Alaska and Hawaii: (800) 428-5390.

■ Student Information Center—answers questions about government financial aid programs: (800) 638-6700; Maryland: (800) 492-6602.

■ *The Student Guide*—a free booklet that describes federal financial aid programs. Single copies only. Consumer Information Center, Dept. 512K, Pueblo, Colo. 81009.

■ *Don't Miss Out*—an overview of federal, state, college and private financial aid programs, \$2.50. Octameron Press, P.O. Box 3437, Alexandria, Va. 22302. **End**





A heavenly idea!

# PUDDING IN A CLOUD

So lovely. So light. So luscious.

You get two delicious tastes in every spoonful.

Pudding in a Cloud...a delicious dessert with a delectable taste that you and your family will love. You get the luscious taste of Jell-O® Brand Instant Pudding surrounded by the great fresh taste of Cool Whip® Non-Dairy Whipped Topping in every bite. That's two great tastes together in every spoonful...right down to the last spoonful.



Swirl in the Cool Whip.



Spoon in the Jell-O Instant Pudding.

Swirl in the Cool Whip Topping and spoon in the Jell-O Instant Pudding. It's that easy to create

a dessert masterpiece. And it's so delicious you'll want to try making it with all your favorite Jell-O Instant Pudding flavors.

## Pudding in a Cloud

- 2 cups thawed COOL WHIP® Non-Dairy Whipped Topping
- 1 package (4-serving size) JELL-O® Chocolate Flavor Instant Pudding and Pie Filling\*
- 2 cups cold milk

Spoon 1/3 cup of whipped topping into each of six dessert glasses. Using back of spoon, make depression in center and spread topping up sides of glass.

Prepare pudding mix with milk as directed on package.

Spoon pudding mixture into glasses. Chill. Makes six servings.

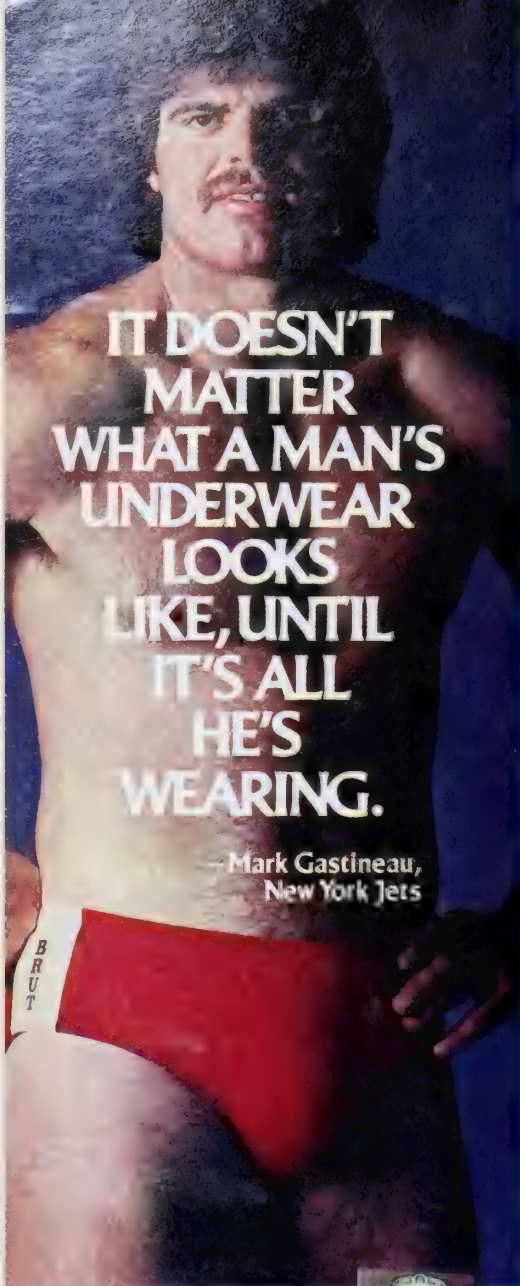
\*or any other flavor



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IT DOESN'T  
MATTER  
WHAT A MAN'S  
UNDERWEAR  
LOOKS  
LIKE, UNTIL  
IT'S ALL  
HE'S  
WEARING.

—Mark Gastineau,  
New York Jets

When a man's wearing new Brut Fashion Underwear, he's always well-dressed, even when he's almost undressed. Trim, low-rise Brut briefs come in lots of exciting high-fashion colors and styles.

Easy-care fabrics, fine fit and quality tailoring make Brut briefs long-lasting and comfortable, too.

Make every day his Brut Day, with Brut Fashion Underwear, by Nantucket.

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IT'S NOT EASY TO BE A WOMAN TODAY

By Jesse Engleton

## “Why you can't go home again”

When I returned to my parents' house after my husband had left me, it seemed as if nothing had changed . . . but me.

**W**hen I left my parents' home at 18, I was wearing a white lace wedding gown (new), my mother's sapphire pin (old and blue), and carrying a girlfriend's Bible (borrowed). Yet despite these omens of good fortune, my marriage failed. I hadn't returned to Baltimore in eight years, but now I was back again. This time I was dressed in jeans and accompanied by two small boys, my sons.

Dad had driven day and night to Chicago to bring us home. As the station wagon loaded down with our possessions finally pulled into the familiar driveway, I stared at the two-story, white-frame house I'd grown up in. The shutters were the exact shade of green I remembered. Even the rope swing still hung from the oak tree in the yard. As I walked in the kitchen door, I noticed that the “measuring post” where Grandpa had marked my growth each birthday was still there.

I had been a freshman in college when I met Todd Engleton, 26, a senior. From that moment on, he was the center of my life. At the end of my first year at school, we decided to get married. When each of my sons—Jim, now seven years old, and Benny, now almost six—was born, Mom flew out to be with me.

The trouble began after my second baby was born. Todd, an advertising executive, started working late every night. I kept pretending everything was as it should be, long after I knew the truth in my heart. If I tried a little harder . . . if I made my pie crusts from scratch, was more witty, did my exercises, wore a nightgown instead of pa-

jamas . . . if I let him know how much I loved and needed him, then surely, surely . . .

Todd told me one evening close to our eighth anniversary that he wanted a divorce. He admitted he had not been spending those nights looking for new business. There was another woman.

Of course, knowing he'd been having an affair did not make the situation any easier to accept. For months I thought he would certainly come back to me. I was his wife, the mother of his children! He had promised to take care of me “till death do us part.”

Finally, I called my parents. That first night at their home, I slept in the room that had been mine as a girl. Lying in my narrow, childhood bed, I listened as the drone of crickets filled the night. For the first time since Todd left me, I slept well.

In fact, I slept a lot during those first weeks. When Benny wet his bed or Jim woke up after a nightmare, my mother got up to take care of them. When Jim started first grade, my mother took him to register. I just slept and reread the treasured novels of my youth.

### A new phase begins

Finally, at the insistence of my parents, I took a job as a receptionist at my father's printing company and a new phase of my life began. The job was good for me. At least I had a reason to get up in the morning. I started wearing makeup again and bought some decent clothes.

Several of the regular customers began to pay special attention to me, and I began to feel like an attractive woman (continued)



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## IT'S NOT EASY continued

again. But my father would not permit me to date because I was still legally married. Driven by boredom, I began to look up old high school classmates. Most were married and snowed under with family responsibilities. Amy Barton, however, had been divorced for two years, and obviously she was lonely, too. We made a date to go to a movie.

My parents didn't forbid me to go out with Amy, but I was very aware that they disapproved. "Nice girls" didn't go wandering around by themselves in the evening. I couldn't get out of the house fast enough. Amy and I decided to go for drinks and dinner, rather than see a film. Over our first round of whiskey sours, I poured out the story of my marriage, and over the second she told me about hers.

"Do you have kids?" she asked.

"Two little boys," I said.

"Well, that complicates things, but in a way you're lucky. At least you have a reason for making a home. Your sons need you."

### My parents were waiting

We talked until one o'clock in the morning, and then she dropped me off at my parents' house. I was surprised to find them waiting in the living room. They weren't reading or watching television. They were simply sitting there, waiting for me as if I were a teenager who had stayed out after curfew.

"You know your mother can't go to sleep until you're in for the night," my father said crossly. "She needs her rest. It's not easy for someone her age to chase after two youngsters all day."

"Maybe you want us to move out, then," I answered. Angrily I pushed past them and climbed the stairs. As I passed the boys' room, I heard Benny mumbling in his sleep.

I went in and sat down on his bed.

"Grandma?" he murmured.

"No. It's Mommy."

I gathered him close and held him against me. He seemed huge in my arms. Could he really have grown so much since I had last held him? Amy's words came back to me. "You have a reason for making a home," she'd said.

"And I will," I whispered fiercely to my sleeping sons. "We'll get our own place just as soon as I can manage it."

Even with my salary and the support money Todd sent us, I still couldn't afford to rent an apartment. So, the next morning I scanned the want ads for a better-paying job. Each one called for "experience" or "training" that I didn't have. Suddenly, I felt like a fledgling bird who had never learned to use her wings.

I could picture the rest of my life.

My parents would continue to take care of me indefinitely, always treating me like an overgrown child who needed to be disciplined. My sons would grow up to look upon me as an older sister. And someday, if I were lucky and waited patiently, another man might come along who would provide a new nest for me to hop into.

In one clear-eyed moment, I realized that I was no crippled bird. I could teach myself to fly.

I used the money I had saved to take classes two nights a week toward a degree in business administration. Also, I was able to get a higher-paying secretarial job.

That June, the boys and I moved into a two-bedroom apartment in a low-cost housing complex. The first weeks away from my parents' house were difficult ones for Jim and Benny. They pleaded with me to "move back home."

"We are home," I insisted with a firmness I didn't feel. "Wherever the three of us are together is home."

Gradually those words have gained a special truth for my sons and me. Of course, we still visit my parents often, but our lives are not totally entwined anymore. Also, I am no longer waiting for Todd to come back to me. Our divorce was final a year after the separation, and he remarried. Though he still sends child-support checks, we rarely hear from him.

By now, the boys have plenty of friends in our apartment building, and gradually, I am also forming close relationships with some of my neighbors and co-workers. I've even begun dating again!

In my own way, I think I have come very far in the two years since my marriage ended. Of course, you can't measure this kind of growth on Grandpa's "measuring post." But then, I have finally realized that I am no longer a child. This time I have left my parents' home for good.

**End**

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# The real cost of a car

Our money expert helps you calculate how much it *actually* costs to own and run a car.

**A**sking how much it costs to run a car is a bit like asking how high is up. Car costs vary dramatically, so an accurate answer would require precise knowledge of a wide variety of factors.

For example, suppose you are middle-aged, married, live in a small suburb, don't commute with your auto, pay no highway or bridge tolls, bought your subcompact car thirdhand when



it was six years old and plan to drive it the typical 8,000 to 10,000 miles a year for the next three or four years. Your car costs, given these statistics, may be *eight to ten times less* than those of a male driver under age 25 who lives and garages his car in a major metropolitan area, commutes over toll roads, also travels the average 8,000 to 10,000 miles annually, has a standard-sized domestic auto with the usual options, is financing his car and trades it in every year.

## Operating expenses

You, like many motorists, may believe that operating costs consist only of gasoline, oil, tires, batteries, replacement parts and labor. Or, perhaps you include highway and bridge tolls, parking fees and even calculate the expense of washing the car.

But these costs cover only the *variable* auto expenses, which depend primarily on the number of miles the car is driven each year. The other half of your overall outlay consists of *fixed* expenditures. Included in these are depreciation (the highest expense), insurance, registration and inspection fees. In this category, too, is interest—the cost of a loan if the vehicle's pur-

chase is financed, or the interest you lose on your money if you take the purchase price from your savings.

## Depreciation

The primary factor in determining real car costs is depreciation, or the difference between the actual purchase price of the car and its eventual resale value, divided by the number of years the car is driven.

Before you can figure depreciation, then, you must know the actual purchase price, which will include list price plus options, delivery, preparation and sales tax. Now subtract your trade-in allowance and any discount or rebate from this total. This amount is the purchase price of the car.

But, of course, you still cannot calculate annual depreciation unless you can foresee how many years you will keep the car and what its value will be when you trade it in.

You will be relieved to know that various organizations have calculated approximate depreciation rates for typical domestic cars. These figures are, of course, averages, so your own car's depreciation may vary. But for typical American-made automobiles, the figures are a good guideline.

1st year:	30-32%	6th year:	3-5%
2nd year:	24-26%	7th year:	3-5%
3rd year:	18-20%	8th year:	1-2%
4th year:	7-8%	9th year:	1-2%
5th year:	3-5%	10th year:	1-2%

The annual depreciation rate is, you will notice, heavily "front-loaded"—that is, much greater during the early years. What this shouts to you is that the folklore about old cars costing more than new ones is simply not true. Assuming you didn't buy a lemon, that you haven't abused your car, that you've maintained it properly and it hasn't been in an accident, it's seldom cheaper during the first ten years or 100,000 miles of a car's life to trade it in rather than to repair it and keep it.

Maintenance expenses do rise in later years—often sharply in the sixth through tenth years of the car's life. But these increases are more than offset by the lower depreciation rates in the later years.

## Other fixed costs

Next in importance in calculating the cost of your car comes insurance. Insurance premiums have soared in recent years—faster than any other element of car cost—and your auto policy is now a key part of your automobile expenses.

Advice: Shop carefully for your auto insurance. Compare costs and services. And raise your deductible—the dollar amount you decide you can pay in the event of an accident—as high as you can. You'll save substantially just by doing this. And if you're driving a car that's more than three years old or worth less than \$1,000, drop your collision coverage entirely.

Other fixed automobile costs—licensing and registration fees, etc.—usually come to under two percent of total annual expenses. But even though they're not major factors in ownership costs, they, too, must be figured. And, in some states, you must consider yearly "property" levies or vehicle inspection charges, as well as licensing and registration.

## Garaging, parking, tolls

Charges for these items vary so widely that they are seldom included in driving costs averages. Estimates that place the nationwide norm at 15 percent of typical car costs are merely guesses. For example, in the New York metropolitan area, the tolls alone for a commuter from New Jersey could account for 20 to 25 percent of the overall operating costs.

Parking is another item which has a wide cost range. In big-city downtown areas, this item alone is running at roughly 45 percent of total operating costs for the average car nationwide. At the other extreme is the rural dweller who does not commute and whose garaging expenses would be close to zero.

But don't ignore the expense because you park your car in your own garage. You must prorate your homeownership expenses, since you might have purchased a house without a garage if you hadn't owned a car. **End**





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# Celebrate the joys of summer

To make 1982 your best summer ever, we've come up with a sampling of new activities to enjoy with your whole family.

For most of us, summer means a time of indulgence, a time to enjoy little pleasures like wandering in a breezy field of wildflowers . . . splashing in a refreshing clear-water pond . . . curling up in a hammock with a romance . . . or just soaking up some soothing sun. Each year, we love to relive the pleasures of summers past. But there are some new sensations that are perfect for experiencing in summertime, and we have compiled a collection of ideas we thought would be just right to try during this great time of year.

## Discover new refreshing summer treats

We all know the sweet, thirst-quenching delights of watermelon, honeydew and cantaloupe—but have you tried Cranshaws, Persian or Spanish melons, Casabas, Santa Claus or Canary melons? Why not sample some of the wide variety of summer melons that have come into vogue in recent years? Each is great in fruit salads or as an all-by-itself treat. You should be able to find some of them in your local market, but if not, call your nearest wholesale fruit produce distributor.



## Be adventurous

Take an introductory flying lesson at your local airport. For approximately twenty-five dollars, a certified instructor will show you the basics about take-off, flight and landing, and you should actually get a chance to fly the plane yourself. For information, call toll-free (800) 331-1750, Operator 888. In Oklahoma: (800) 722-3600.

## Get lost!

Pick a spot on a map that looks interesting and go . . . or just get in the car and drive on a road you've never taken. You could find some fantastic out-of-the-way places—perhaps even a quiet, romantic country inn.



## Gaze at the stars

Those cool summer nights are a great time to study the constellations. Why not buy a star guide—and on the next warm starry evening locate and identify more than just the Big Dipper and really impress your friends!

## Go boating—safely

Remember that June 6 to June 13 is National Safe Boating Week, and follow the advice of the National Safety Council. Here are their tips: Don't swim alone; don't swim too far from shore; keep an eye on small children near water; in a boat don't stand up or indulge in horseplay; wear a life preserver; don't overload the boat; and stay with the boat if it overturns.

## Wake up with the sun

Summer is the perfect time to break your sleepyhead habit and get up a half hour earlier. Use this time to breathe in the fragrant air, to meditate, keep a daily journal . . . and enjoy as much of summer as you can.

## Celebrate!

With a little planning, you can party all month, because June is positively filled with red-letter days . . . there's Marilyn Monroe's birthday (June 1) and World Environment Day (June 5), Magna Carta Day (June 15) and International Picnic Day (June 18). Then you can really celebrate the beginning of summer by building a bonfire, or better yet, dancing around the maypole on June 23—Midsummer Day.

## Try the new summer cosmetics

Believe it or not, some of the leading beauty products companies have come out with waterproof makeup (blush, eye shadows, even foundation) in a rainbow of bright new colors. Not only that, but many also include sunscreen so you can swim and go anywhere in the sun while still looking your made-up best. Just ask at your local cosme-

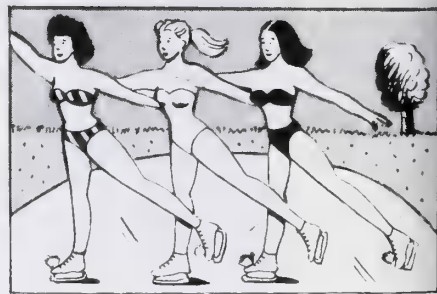
tics counters—or look for "Waterproof" and "Sunscreen" on labels.

## Dig into the past

Join a local amateur archeology group or club and participate in a historical dig. Such excavations are going on all over the country, and those in charge are more than willing to have newcomers sign up. Not only are digs a great educational experience, but they are a wonderful way of meeting people as well. (See *The Passionate Amateur's Guide to Archeology in the United States*, Macmillan, \$11.95, for a complete listing of digs in progress.) Prior experience is not necessary; stamina and dedication are.

## Keep fit—on ice

Ice cream isn't the only frozen stuff around in summer. Several hundred ice skating rinks around the country—from the Sky Rink in New York City to the Sunrise Ice Skating Center near Fort Lauderdale, Florida, to various Ice Capades chalets in California, Texas and other states—are open all year round. Winter isn't the only time to glide your way gracefully to fitness—and besides, what could be more refreshing in summer than en-



rolling in a six- or ten-week course in figure, freestyle or couples skating. Check the Yellow Pages for rinks in your vicinity or contact the Ice Skating Institute of America, 1000 Skokie Boulevard, Wilmette, Ill. 60091; (312) 256-5060, an umbrella organization for recreational ice skating.

## Beat summer boredom

Try these science projects designed for the entire family by the Smithsonian Family Learning Project: anything from making a sundial to homemade ginger ale. Contact the Smithsonian Family Learning Project, P.O. Box 28, Edgewater, Md. 21037.

End



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# Finding the right sport for you

Take the sports doctor's prescription—these easy tests will show which sports best suit your body. **By Beth Weinhouse**

**H**ow many times have you enthusiastically taken up the latest popular sport, only to drop it in frustration soon afterward because you weren't any good at it and weren't having any fun? The problem may simply have been that you chose the "wrong" sport.

Just as some people excel at math while others are better at languages, people have different athletic aptitudes, too. Different activities are suited to different body types. In Eastern Europe, schoolchildren are routinely tested for athletic aptitude as well as I.Q.

Dr. Robert Arnot, Director of Sports Medicine and physician to the U.S. ski team at the 1980 Winter Olympics, and an excellent athlete himself, has devised a way for anyone—whether sedentary or active—to find the right sports for his or her body.

Says Dr. Arnot: "Everyone has the potential to be an athlete; *your* athletic potential may be undiscovered. Matching each person to the sport she's ideally suited for will give her something she can have fun with for the rest of her life."

Take the following six easy tests, and then match your results with the chart at the end to find the perfect sports for you.

## 1. Vertical Jump Test

Standing with a wall at your side, reach up as high as you can (without standing on your toes) and mark the point where the tip of your hand touches the wall. Then, keeping your arm straight overhead, jump as high as possible and mark this point. Measure the distance between the two points:

- 28 inches or more = 10 points
- 22 to 28 inches = 5 points
- 18 to 22 inches = 3 points
- Less than 18 inches = 1 point

## 2. Lung Capacity Test

Find a large plastic bag—a garbage bag that holds 2 gallons or more is ideal. Make sure the bag is totally deflated, then take a very deep breath and exhale it into the bag as hard as

you can (as you would blow up a balloon). Twist tightly and mark the volume of air, then release the air and pour water into the bag from a quart container. Measure how many quarts it takes to fill the bag to the mark:

- 7 quarts = 10 points
- 5 quarts = 5 points
- 3 quarts = 3 points
- 1 quart = 1 point

## 3. Heart and Lung Efficiency Test

Using your car's odometer, mark off a mile along neighborhood roads. Walk—do not run—briskly for the entire mile, and time yourself:

- 12 minutes or under = 10 points
- 12 to 14 minutes = 5 points
- 14 to 16 minutes = 3 points
- 16 minutes or more = 1 point

## 4. Agility Test

Using six thirty-inch strips of masking tape, make a hexagon outline (six-sided figure) on the floor. Stand in the center of the hexagon. Then, always facing the same point in the room, jump out of and into the hexagon across each of the six pieces of tape. Do not practice beforehand. Have someone time you as you complete the circuit three times (36 jumps):

- Under 14 seconds = 10 points
- 14 to 16 seconds = 5 points
- 16 to 18 seconds = 3 points
- over 18 seconds = 1 point

## 5. Motor Learning Test

Over the course of the day, repeat the Agility Test (above) five times for practice. Then have someone time you again. If your time improves by more

- than 3 seconds = 10 points
- by 2 to 3 seconds = 5 points
- by 1 to 2 seconds = 3 points
- by 0 to 1 second = 1 point

## 6. Flexibility Test

Put your left hand behind your back, with your fingers pointing upwards. Then reach over your right shoulder with your right hand, and try

to clasp both or your hands together behind your back:

- Hands grasp with palms crossing = 10 points
- Hands grasp with fingers crossing = 5 points
- Fingers touch = 3 points
- Fingers do not touch = 1 point.

Now match your test scores (both high and low) with these sports:

Sports	High Score (5 or 10 points)	Low Score (1 or 3 points)
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Winter Sports:	Tests
Skating—figure	1,4,5,6
—speed	2,3,4,5
Skiing—cross-country	2,3,4,5
—downhill	1,4,5,6


Summer Sports:	
Bicycling	2,3,4,5
Golf	4,5 2,3
Jogging	2,3 1,4,5
Race Walking	2,3 1,4,5
Sailing	4,5 2,3
Swimming	2,3 1,4,5
Tennis	1,4,5
Walking	2,3 1,4,5
Waterskiing	1,4,5
Windsurfing	1,4,5,6

Indoor Sports:	
Aerobic dance	2,3,4,5
Ballet	6
Gymnastics	1,4,5,6
Racquetball	1 4,5
Squash	1,4,5
Yoga	6

For example, if you scored well on the Vertical Jump Test (#1), the Agility Test (#4) and the Motor Learning Test (#5), you could be a very good tennis player. However, if you did poorly on these three tests, but did well on the Lung Capacity Test (#2) and the Heart and Lung Efficiency Test (#3), you might not be a good tennis player, but you could be an excellent jogger or swimmer.

**End**





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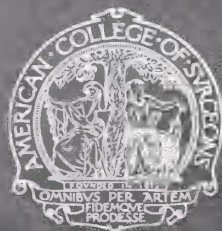
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# Decorating Hotline

Learn how to solve your decorating problems—follow the expert advice in this column from interior decorators and designers. **By Joan Tully**

**Q** *We've recently moved into a five-year-old suburban home. The living room has no architectural interest, except a fireplace and two small windows, both on one side of the room. How can I lessen the tract-home appearance and get a contemporary look at the same time?*

**A** Designer Charles Damga has an easy, elegant idea for what he calls "skimpy" windows. Install a fifteen-inch-deep, wall-to-wall ledge under the windows to tie them together visually. In one home, for instance, Damga used a ledge two inches thick and painted the walls taupe and the window frames and ledge white for a dramatic contrast. (Such a treatment may also help to camouflage radiators, which often stick out under windows. If they're painted to match the walls and hidden under the ledge, you'll find the radiators practically disappear.) You can use the ledge for books, bowls, plants or as a serving surface in a dining room. And in older homes, where the windows are longer and closer to the floor, you can use the ledge idea to create window seats.

**Q** *The ceramic tile in my bathroom is a 1950s turquoise, which is looking very dated. Is there some way I can paint it?*

**A** You can, with the right paint, advises Stephen Wolf of Wolf Paints in New York City. His tips: For best results, you should use a two-component (base and catalyst) epoxy paint, which you mix together just before applying. Also, you will need a pure bristle brush because the catalyst will make a nylon brush floppy.

Before applying, make sure your tile is absolutely clean and scrape any grout off the tiles, using a razor blade held fairly flat; then apply your paint mixture in one session since it hardens fast. (You can try refrigerating the paint if you're interrupted, but be forewarned—it has a very strong odor.) When applying the paint, cover both tiles and grout, and then don't steam up the bathroom for four days.

There are also alternatives to epoxy paint. One is a varnish called Between-Kote, made by the McCloskey Varnish Co. When applied to tile, it

provides a sticky surface to which a coat of standard enamel paint will adhere. Or, you could try tiling over your old tile with new adhesives that bond tile to tile. (For a leaflet on how to tile a wall, floor or counter, send twenty-five cents to: Tile Council of America, P.O. Box 2222, Princeton, N.J. 08540.)

Another option is to work with the turquoise tile, by updating it with wallpaper. Designer William Turner advises clients to use a wallpaper that picks up the color of the old tile, while incorporating new colors in a contemporary pattern. Navy blue and white are particularly handsome with turquoise. Or, look for turquoise, white and mauve paper for a warmer look. The old tile will look like new!

**Q** *I love the look of country pine furniture, but when I looked for an old Welsh dresser for my dining room, I was astounded by the prices. Are there any reasonable sources for those pieces in this country?*

**A** These pieces are not only expensive in this country, but in Wales too. The good news, however, is that you can find bleached pine reproductions in the U.S. that may fit your pocketbook. Thomasville, for example, has a new pine line called "Replicas 1800." One of the most attractive pieces is a "Country Irish Pine" buffet and open hutch, with charming heart cut-outs along the molding (see photograph, right). They have also reproduced a Welsh dresser with an open potboard on the bottom.

And Pennsylvania House's Pine Collection has borrowed from the British in coming up with a handsome buffet and hutch with pierced and scalloped trim under the glass hutch doors.

These bleached pine pieces work wonderfully with flowered chintz for the "English country cottage" look, which is fast making its way to these shores.

**Q** *Every time my husband and I hang pictures, we have an argument: He says I hang them too low and I say he hangs them too high. Are there any guidelines?*

**A** The main guideline is that artwork should be placed where people can see it. Since you are generally seated in a living or dining

room, you should sit in a chair when deciding how high to hang a painting, then decide where your eyes fall comfortably.

Some experts advise aligning a painting with a horizontal line in the room—for instance, a large painting might be aligned with the bottom of a window frame. Another approach is to hang every painting in relation to something below it. If you want to hang a picture above a piano, imagine a vase of flowers standing on the piano top. You don't want the picture so high that the bottom of the frame would clear the top of the flowers. Hang it so that the flowers would overlap the painting, and the painting will relate better to the piano.

Unless you are striving for a contemporary art gallery effect, avoid hanging pictures from the same level all around the room. They will look as though they are hanging from a clothesline. Group a few paintings together to fill a larger space. Or, borrow the casual approach from painters' lofts: Lean a large painting against a wall or a series of smaller photographs across a mantel—an approach that also keeps you from banging your thumb with a hammer.



*If you have questions about decorating, write to Do-It-Yourself: A Decorating Hotline, Ladies' Home Journal, 641 Lexington Ave., New York, N.Y. 10022. We cannot answer letters personally, but we will try to address your questions in this column.*

**End**



**clean your bathroom tile with sandpaper:**

**Scouring powders  
can cause  
harsh scratching.**



Most scouring powders contain the same scratchy abrasives found in sandpaper. And they can damage your tile, porcelain, even stainless steel.

**Soft Scrub® cleans like  
a scouring powder but  
doesn't scratch like one.**



Soft Scrub is a special kind of cleanser with milder abrasives that clean effectively. So Soft Scrub doesn't scratch the way powders can. Soft Scrub cleans tubs, tile and stovetops like a scouring powder, but doesn't scratch like one.

*Use only as directed.*

## Replacing broken china

If you've despaired of ever seeing your favorite set of china complete after years of broken teacups, take heart. There are dealers across the nation who specialize in replacements. **By Arlene Fischer**

**S**o you shattered a piece of your favorite china and in trying to replace it, found that the pattern is out of production. What do you do next? Try a little sleuthing among dealers who specialize in discontinued china patterns. There's a good chance that one of them may have what you're looking for—or can track it down for you. And even if your dinnerware belonged to Granny, there's hope: Some suppliers carry stock that has been discontinued for fifty years.

There are scores of these firms nationwide ranging from small, home-based enterprises that specialize in one or two manufacturers to giants that stock vast quantities of formal and casual ware from popular American, Japanese, English, French and other European producers (see list on

next page). At one of the biggest, Patterns of the Past in Princeton, Illinois, owner J. Allen Murphey, Jr. claims to have "several million pieces of everything from Adams to Wedgwood" stored in a converted barn. He estimates receiving a hundred thousand requests annually from people searching for a whole spectrum of items, from a single ironstone saucer to a dozen heirloom gold-trimmed porcelain dinner plates.

You may expect that all vintage china originally graced someone else's table, but that isn't necessarily true. While much of it comes from flea markets, garage sales, thrift stores, antique shops and estate sales, some dealers handle only new merchandise, buying what's left of discontinued inventory either from manufacturers or

large retail and department stores.

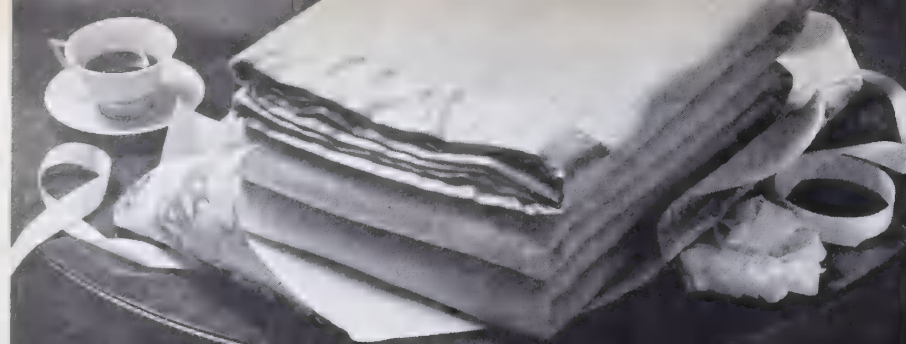
Chasing down matching china may take some effort and patience on your part, but it could be well worth it. If you decide to join the hunt, here are some things you should know:

First, contact the manufacturer. Some maintain their own replacement services for newly discontinued patterns, or their customer relations department can supply you with the names of vintage-china dealers that may carry their brands. The manufacturer can also provide you with a professional description of your pattern, which helps the dealer distinguish it from similar designs.

Second, write to as many *(continued)*

*Turn the page for addresses of dealers in discontinued china.*





## Thirty-four years ago, Mrs. Katz wanted a nightgown, not a blanket.

"I received my Faribo blanket as a shower gift from my mother-in-law 34 years ago," writes Mrs. Edward Katz. "I must admit I was not too impressed with a blanket as a gift, as opposed to pretty nightgowns. Now older and wiser, I realize it was the best gift of all." Mrs. Edward Katz, Valley Stream, New York

### How old is your Faribo blanket?

Tell us the story of your faithful old Faribo in 100 words or less and mail it to Faribo Blankets, Box L, Faribault, MN 55021. If your Faribo story is selected for an ad, we'll send you a brand new Faribo woolen blanket. Who owns the oldest Faribo? Perhaps you do.

*Faribo*

*Purveyors of warmth and comfort since 1865.*

Following is a selection of well-stocked dealers in discontinued china patterns that have been recommended by leading china manufacturers.

William Ashley  
50 Bloor Street, W.  
Toronto, Ontario M4W 3L8  
Canada  
(416) 964-2900

China Chasers  
P.O. Box 88214  
Dunwoody, GA 30338  
(404) 396-7382

China Mater  
99 West Carlos Road  
Memphis, TN 38117  
(901) 685-6983

Ettelman's  
P.O. Box 8214  
Corpus Christi, TX 78411  
(512) 888-8391

Geary's  
351 North Beverly Drive  
Beverly Hills, CA 90210  
(213) 273-4741

The Jewel Box  
P.O. Box 145  
Main Street  
Albertville, AL 35950  
(205) 878-3301

Judy's House of Hope  
2968 Appling Drive  
Chamblee, GA 30341  
(404) 458-5839

Locaters, Incorporated  
P.O. Box 1259  
Little Rock, AR 72203  
(501) 371-0858

Old China Patterns, Ltd.  
P.O. Box 250  
West Hill, Ontario M1E 4R5  
Canada  
(416) 282-4280

Pattern Finders  
P.O. Box 206  
Port Jefferson Station, NY 11776  
(516) 928-5158

Patterns of the Past  
513 South Main Street  
Princeton, IL 61356  
(815) 875-1944

Patterns Unlimited  
Wedgwood Station  
Box 15238  
Seattle, WA 98115  
(206) 523-9710

The Seekers  
9014 Roos Road  
Houston, TX 77036  
(713) 777-4430

Topex Company  
58 Linda Lane  
Tiffin, OH 44883  
(419) 447-7939

White's Collectibles and Fine China  
104 S. College  
Box 680  
Newberg, OR 97132  
(503) 538-7421

dealers as practical, giving the following information: manufacturer's name; pattern name and number; articles and quantity you want; markings and information found on the back of the dinner plate; actual size (dinner and salad plates may come in a few sizes, so it's advisable to measure); background color (distinguish between white, off-white, etc.); the design (i.e. vine pattern, Chinese dragon, lacy border) and dominant colors; metal trim; style (with or without border) and any other descriptive information you can obtain from the manufacturer or knowledgeable retailer.

If possible, supply a color photograph of the item. And include a stamped, self-addressed envelope—otherwise you may not get a reply.

### Your chances for success?

Dealers say they fill about twenty to thirty percent of their requests immediately. If the piece you want is in stock you should receive it, insured, in about three weeks, although suppliers process orders at different rates. If the item isn't on hand, your order stays on file until it is filled. Unless the piece is very rare it can usually be traced; but be patient—it can take several months.

As with antiques, pricing of vintage china is subjective, and the same item might vary from dealer to dealer. Among the variables are the age of the china, how difficult it was to find, the level of consumer demand and the amount the dealer paid. Many companies also base their prices on the cost of currently produced merchandise that compares in quality and craftsmanship. According to Glenn Roe of Old China Patterns, Ltd., Ontario, Canada, a discontinued bone china place setting might cost about ninety dollars, roughly what you would pay if you were buying it new. And a heavily gold-trimmed place setting might sell for four hundred dollars. "People who bought china years ago are shocked when we quote today's prices," observes Carl Assenheimer, president of Topex (Tiffin Ohio Pattern Exchange).

Some things you should watch for: Certain dealers only sell complete place settings, so if you're looking for a couple of teacups (the most commonly replaced items), you may have to buy a pair of dinner, salad, bread and butter plates and saucers as well. It's wise to check this out in advance. Furthermore, make sure that what you're buying is in mint condition. Vintage china can be chipped, cracked or faded and even new merchandise can be flawed.

**End**



# How to Hide Your Figure Flaws **Even** in Summer Clothes

**LHJ Bonus**  
Special Problem-Solving Section

Summer fashions, being lighter . . . simpler . . . clingier . . . reveal more leg, more arm and—unfortunately—more of your body's lumps and bumps. Since you can't *esto-chango* your basic silhouette, here are terrific tricks to disguise any flaws and divert the eye with the latest of this season's fashions. We've covered the four most common figure types—top-heavy, too curvy, chunky and bottom-heavy—but if you fit more than one category, consult all appropriate sections. First, some overall rules to follow:

Dark colors are slimming on every body; the same goes for the cool blues, grays, greens). Splashy brights tend to enlarge, so unless your problem is "too petite," use light and light shades only as accessories. Proportion is key: Wear styles that balance out where your figure is too little or too big. For example, if you're heavy below the waist, a jacket with shoulder pads will help even things out.

Draw attention away from problem spots. Overly ample bosom? Attract the eye with a snappy pair of shoes. Heavy all over? Wear bold jewelry close to your face.

## TOP-HEAVY

Broad shoulders or full bosom or flabby arms or a combination of all three—whatever your trouble on top, your hips and legs are probably on the slim side. Your goal is to narrow down your upper half, giving your figure uniformity. Do it by creating the illusion of length (remember, dark colors are slimming), or by adding some fashion width to your hemline for all-over balance.

**Broad shoulders:** Stay away from styles that square off your shoulders

● Stick to simple patterns and details where you have "big" trouble. For example, no pockets over a generous fanny, no flower prints on a full bosom.

● Styles that emphasize vertical lines will make you appear slimmer and taller. Horizontal stripes, broad belts and pant-leg cuffs will create the illusion of width. Now, have some fun and find your particular problem solvers . . .



**A tunic.** All the elements for minimizing top-heaviness: ● Long and loose; one unified line glides over problem areas, puts top in proportion to bottom.

● V-neck makes shoulders appear narrower and bosom less full.

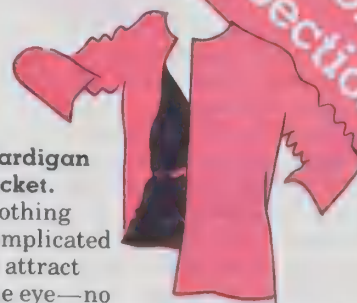
even more, such as shoulder padding, puff or cap sleeves. Look instead for smooth set-in shoulders, giving an illusion of narrowness. Boat necks and horizontal patterns create too much of a straight-across line; go for the verticals, such as V-necks.

**Full bosom:** Stay away from tops that are too clingy, such as tube tops, tight T-shirts in lightweight fabrics (your bra will show!). Steer clear of any details that draw more attention to your bust—fussy ruffles or breast pockets, dolman sleeves, U-necklines, double-breasted buttoning. Avoid layering—it's too much bulk.

**Flabby arms:** Keep bareness to a minimum, so . . . no halter tops, sleeveless blouses, tight, short or puffy sleeves.

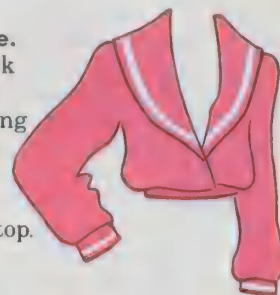
### Cardigan jacket.

Nothing complicated to attract the eye—no buttons, lapels, pockets. Just a straight, easy fall of fabric. Notice the V-neck beneath—extra slenderizing!



### V-neck blouse.

The sailor look is on deck for summer. Strong vertical: good for anyone who needs slimming on top.



**Maillot.** The slice of a diagonal wrap in contrasting colors cuts right through your problem. Plunging neckline and high-cut legs add extra length.

### Blouson.

Everything runs on the vertical—snappy stripes, a V-neck and low slash pockets make a body look even better. The loose fit works wonders to conceal any trouble up top.



**Man's shirt.** Dark color on top, light one below—fastest way to balance top-heavy figure!



# Curvy



The curvy silhouette—a generous bosom and hips with a small waist—is generally considered quite sexy. But if this description fits you, you probably know that finding clothes to flatter your figure can be a challenge. Your goal is to make bust and hips appear more in proportion. Here are some of the dos and don'ts: A squeezed-in-the-middle look puts too much emphasis on the waist, accentuating both top and bottom unflatteringly. You need to find a better balance. Generally, that means keeping a uniform color going top to toe. Go for a long line with (1) same-tone or solid-color outfits and (2) soft, unconstructed clothes. Nothing too clingy to call too much attention to your curves. *Tight* can look tacky!

**Other details to look for:** V-necks, vertical stripes, open collars. These all help lengthen your silhouette.

**Stay away from:** Bunchy pleats . . . dolman sleeves . . . puffy sleeves and horizontal designs . . . wide belting that separates top from bottom (for instance, a cinch belt—anything over 3 inches—is a real no-no).

**Trick:** Focus the interest on other areas. Bold earrings, bright "stand-out" shoes are a clever diversion.

**Loose, classic jacket.** Skims over and past your hips to define curves—subtly. Matching skirt plays up the sleek look; bright accessories—button earrings, pocket hankie, cuff bracelet—delight the eye.



**Easy-fitting dress.** If you streamline your body with strong vertical stripes you'll look thinner all over. A narrow belt makes a nice, not-exaggerated point at the waist, without creating an hourglass look. Slight V-neckline adds extra length.



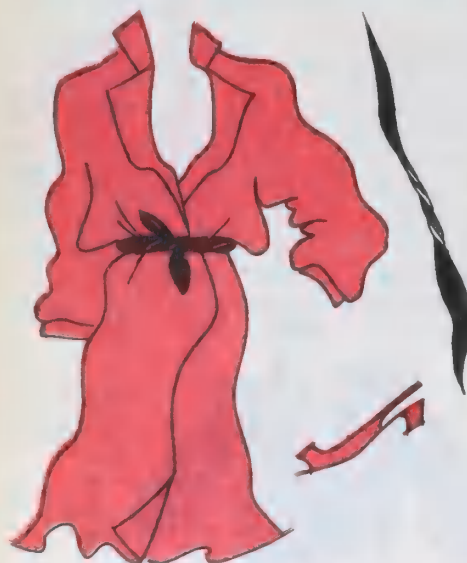
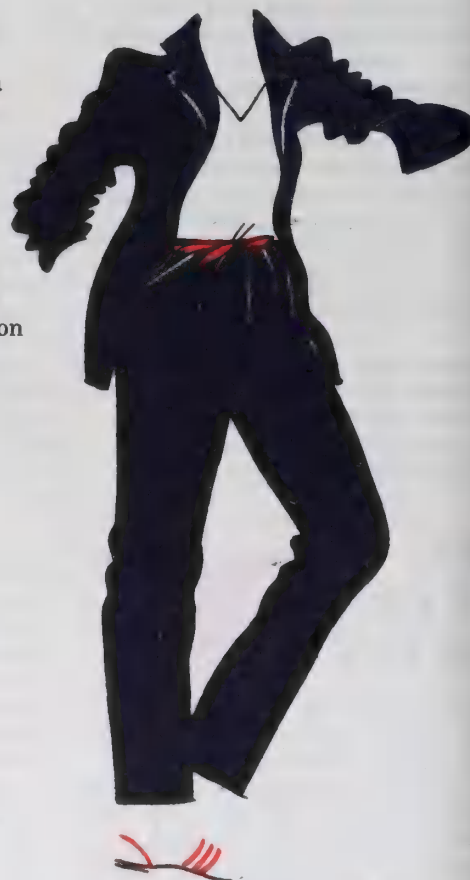
**Two-piece bathing suit.** Go as bare as you dare. The triangles look good against roundness (as long as you're not too fat!). Avoid two-piece suits with "boy shorts" or anything overly stretchy or clingy, such as a racing suit with a U-neck top.



**Straightforward pantsuit.** Best in slimming black. The body of the



**Culotte jumpsuit.** Great shape for your shape in all one color. Take a plunge at the neckline; deep V and wide, scalloped collar help you look taller. Try a wrap belt, but keep it on the narrow side.



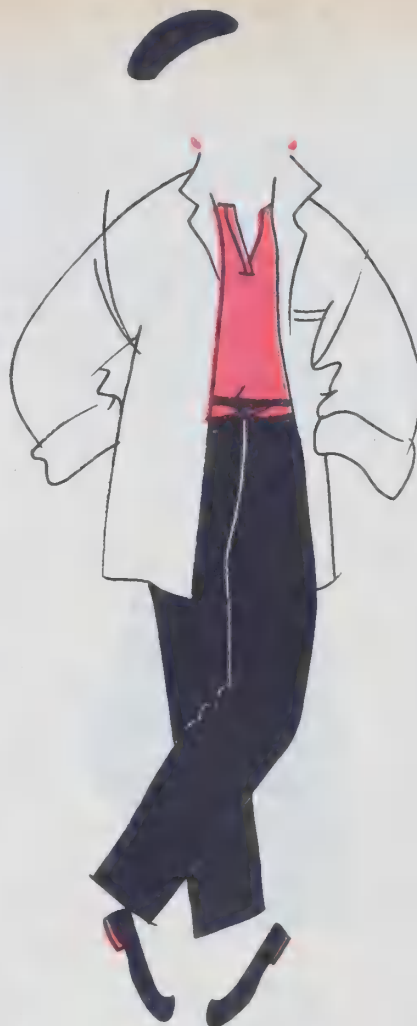
**Shirtdress.** Nonchalant and easy to wear—this year's shirtdress can be your best summer friend. Just keep to one color . . . as bright as you like. Add low-heeled sandals—spunky in red patent leather.

jacket falls smoothly past the waist. Classic pant shape—a straight leg—lengthens the silhouette into one long line. No tightness anywhere. Underneath, a flattering V-neck. Top it off with a red straw boater to catch the eye.



# Chunky

Do you go straight up and down like a rectangle? Your figure may be in proportion but it's too blocky, possibly overweight. The goal with this silhouette is *either* to give the illusion of a waist by creating curviness, *or* to divert attention away from a thick center by drawing the eye elsewhere. With either strategy, try for a simple, spare way of dressing: unconstructed jackets, easy dresses and suits. Avoid exaggerated pleating in skirts and pants or heavy layering. They add bulk where you least need it. Choose fabrics in solid colors or with strong vertical or diagonal lines (to break up the "no-waist" look). Never wear anything that cinches, clings or bulges in the middle: No tight waistbands, pockets or zippers that do not lie flat, mid-torso buttons.



**Loose jacket.** Perfect example of diverting the eye. Attention-getting white topper eases down the body . . . looking as good over skirts and dresses as it does over pants. The straight-leg pants shown here are dark and slimming. A narrow slice of belt helps define a waist. Bold button earrings, a jaunty beret and smart low-heeled slippers are all fun options.

**Scarf.** A great figure-problem distractor:



Tie as a shawl to float over your shoulders and steal focus from your waist. Or, for a newer look, wrap it around your hips like a low belt.

**Drop-waist dress.**

The fit is easy—skimming lightly over your body, falling into a soft, swingy skirt. Wear it in darker tones (either small print or solid) to dramatize the illusion of a long, lean line. You're in luck! One of summer's big fashions is the perfect shape for you.



**Blouson tunic dress.** A winner. Toss on a breezy tunic dress and create a soft blouson for a suggestion of curves. Use hip-wrapping to fake a waist; dramatic in dark colors on bright or light. Go with: dangly earrings, a canteen bag, espadrilles.

**Bathing suits.** For proof that optical illusion works magic, slip into stripes. Even if your body's boxy, it will

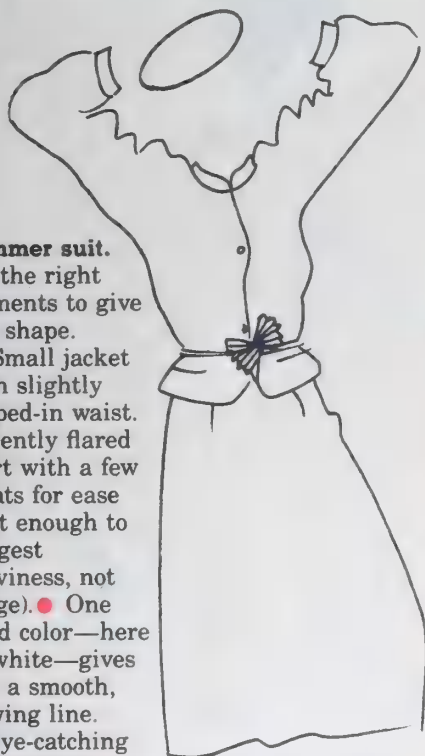
suddenly take on sexy curves. Both vertical and diagonal stripes distract the eye, giving you shape right where you need it.



Scoop-neck or strapless . . . take your choice. Make it a high-cut maillot and show off more leg!

**Summer suit.** All the right elements to give you shape.

- Small jacket with slightly nipped-in waist.
- Gently flared skirt with a few pleats for ease (just enough to suggest curviness, not bulge).
- One solid color—here in white—gives you a smooth, flowing line.
- Eye-catching belt defines waist—without dominating.
- Bright "saucer" hat and two-toned sandals finish off the summer-fresh look.





# BOTTOM-HEAVY



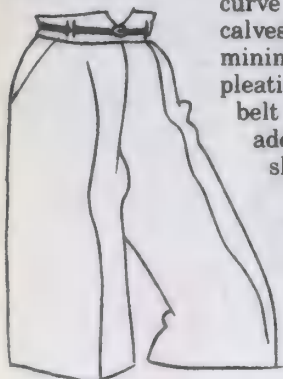
Also known as pear-shaped, this silhouette carries its weight below the waist. Roundness is concentrated on hips, tummy and/or thighs. If you have one or more problem spots, you'll want to do some clever camouflaging. Goal is to achieve a longer, more unified line... a better sense of balance. Here are general tips for playing up your good points, playing down your flaws.

**Full hips:** Avoid broad horizontal stripes; they advertise "breadth" like a banner. Too many pleats, gathers, back pockets also attract the eye like arrows. Anything clingy is bad news; it emphasizes heavy spots. Never wear loud colors or prints below your waist. No wide belts. Give more emphasis to your shoulders with padding, for example, to balance your figure.

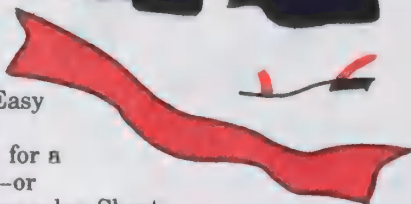
**Pot belly:** Stay away from clothes that stop at the waist, then switch colors. Avoid short-cropped jackets and tops. Instead, opt for soft, easy shapes: Flared skirts and dresses, harem pants.

**Heavy legs:** Move eye up and away from your problem. Don't wear skirts or pants that end with trimming or heavy cuffs. No minis, pencil-thin skirts or peg-legged pants that make legs look thicker.

**Short pants.** These can be your summer uniform—in sporty poplin or dressier linen. Keep balance in mind. Find a pair cropped right under the knee to show the full curve of your calves. A minimum of pleating, a thin belt and no cuffs add up to a slimming line. Pair with snappy loafers.



**Culotte dress.** Easy shape that goes anywhere. Look for a short jumpsuit—or separates—in one color. Short sleeves and roomy blouson top balance the soft flare of the pant legs. A loosely tied waist wrap attracts the eye—without cinching in the waist. Complete the casual look with low-heeled sandals.



**Classic pantsuit.** Simple jacket with slightly padded shoulders falls smoothly in one straight line. (Check back view in mirror to make sure of perfect fit.) Jacket's light color attracts attention; dark pants make the bottom look slimmer... and that's just what you're aiming for! Notice, no pleats or cuffs to break up this long, balanced line. Perfect accessories: red square earrings, low-heeled patent pumps.

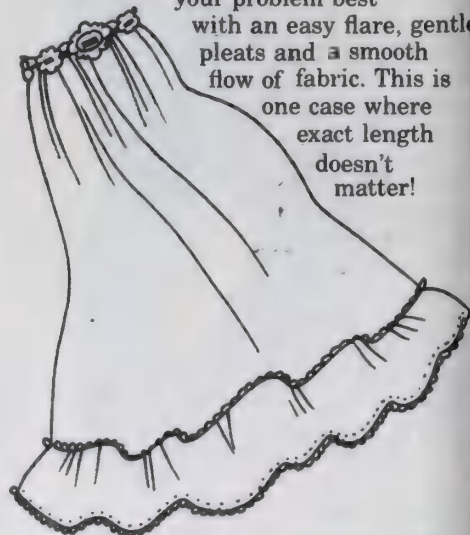


**Wrap dress.** Make stripes work for you! The winning combination of strong vertical lines, a crisscross V-top and wonderful wide sleeves instantly balance top with bottom. Choose soft, fluid fabrics—cotton jerseys, even silk. Bright spots: Little button earrings act like magnets, adding even more to the overall up-and-down line.

**Maillot 1.** Show off your body in basic black and white. Point of interest: The bra top, a streak of light, creates a flattering break. Darker color below, cut way up on the sides, gives you a sleeker shape.



**Prairie skirt.** You can "skirt" your problem best with an easy flare, gentle pleats and a smooth flow of fabric. This is one case where exact length doesn't matter!



**Maillot 2.** More fool-the-eye tricks to flatter your figure. Keep the interest on top with a brighter, lighter band over a darker solid. Thigh-high sides help slenderize legs.





# YOU CAN CHANGE THE WAY YOU FEEL

By David D. Burns, M.D.

Special Problem-  
Solving Section

You—not external events—control your feelings: That is the simple but revolutionary principle of cognitive therapy, the new treatment for depression and anxiety. Herewith, a noted psychiatrist explains the techniques that have helped thousands take charge of their emotions—and their lives.

**T**here is a great deal about ourselves that we cannot change: who our parents are, our age, the color of our eyes—to name just a few. Many of life's events are also beyond our control: the pouring rainstorm the day of the family picnic, the flu that strikes the night before that job interview, even the fact that income taxes fall due every April 15th. All these are unchangeable—but there is one very important thing we *can* change: the way we feel.

That assertion usually surprises those who come to me for therapy feeling miserable and unable to cope with their lives. They often assume that external forces control their moods, that a troubled marriage or difficult teenagers are the *cause* of a depression. Many expect me to prescribe some magic pill that will make a gloomy outlook rosy, or to give them the sympathy they think will make the bad feelings go away. Others expect to spend months, even years, digging into the past for some long-forgotten pain that will explain their misery. Both types of patients are astonished to find that, often in a very few sessions, they can train their minds to change their feelings. "But I can't help the way I feel," they often say. Yes, you can.

The technique I teach to combat negative feelings and to change self-defeating behavior is called "cognitive" therapy. This new approach to mood problems is based on the principle

that our thoughts (that is, our cognitions), not external events, create our unhappiness. We get upset when we persistently think in ways that are gloomy and pessimistic; these negative thoughts distort the actual situation so that even a relatively minor disappointment can trigger a disproportionately black mood.

To illustrate, consider your reaction to a compliment. Suppose someone says that you did a great job presenting a sales report; depending on how you *think* about the compliment, you may feel either pleased or humiliated. You might say to yourself, "How nice, I did a good job," or you might think, "I was really awful and she's just trying to make me feel good."

Negative emotions are sometimes inevitable, even healthy. For example, when a loved one dies, or when we lose a job or get passed over for a promotion, we will quite naturally feel grief, regret or disappointment. It's only when we turn our misery into a lifestyle that a problem exists.

The cognitive approach seems to work whether the negative feelings that overwhelm a person are depression, anxiety, anger or guilt. Medication can be helpful, even lifesaving, for severely depressed people, but learning to depend on chemicals to overcome unpleasant feelings is no solution. Research has shown that cognitive therapy—helping the patient overcome self-defeating ways of thinking and acting—combined with medication is much more effective than

drugs alone. What's more, many depressed patients can now be treated effectively with the cognitive techniques alone.

Actually, the idea that we, not what happens to us, are responsible for the way we feel is not new. The second-century Greek philosopher Epictetus put it this way: "Men are not disturbed by things, but by the views which they take of them." A modern cognitive therapist couldn't have made the point more clearly. But only within the past decade or so have scientists again begun to apply this ancient theory.

The basic thesis of cognitive therapy is very simple:

1. When you are chronically depressed or anxious, you are thinking in negative and illogical ways.
2. Your gloomy and self-critical thoughts actually create the bad moods, and those bad feelings trigger more pessimistic thoughts and actions, until you are trapped in a vicious cycle.
3. With conscious effort and specific learning techniques, you can unravel your twisted thought patterns.
4. As you begin to think about yourself in a more realistic and compassionate manner, you will feel better and be more productive. You'll then like and respect yourself more and, as a result, relate much better to others.

*Dr. Burns is assistant clinical professor of psychiatry at the University of Pennsylvania School of Medicine and author of the book *Feeling Good: The New Mood Therapy* (Signet).*



No doubt this sounds so simple that some will consider cognitive therapy a kind of Pollyanna optimism rather than a science. But simplicity has never been a bar to effectiveness, and the fact is, cognitive therapy works.

But, of course, not everyone who feels depressed or anxious needs to see a therapist. The cognitive techniques therapists use can be applied by anyone who is willing to expend the effort. Using these techniques, you can learn to overcome the moodiness that gets in the way of liking yourself and others.

All you really need to start is a pad of paper and a pencil: The analysis of your feelings must be done in writing. Learning to combat negative thinking is a step-by-step process. If you try to do the process in your head, it's easy to get lost in the maze of self-hating thoughts. If you commit those thoughts to paper, however, you will quickly become aware of just how nonsensical—and cruel—they really are.

## Cognitive Distortions

Let me give you an example of some of the techniques in action. A woman I'll call Jennifer Smith comes to my office deeply depressed over the loss of her job. She has not looked for work since she left her old office more than a month ago. Instead, she spends most of her time sleeping or lying around reminding herself that she is basically stupid, disorganized and inferior, which is why she lost her job. Now, she feels, the truth about her is out.

Jennifer is overreacting to the loss of her job, in part because her parents always compared her accomplishments unfavorably with those of her sister. Knowing the reasons she feels so insecure might, in time, help Jennifer. But this knowledge probably won't make Jennifer like herself more; it certainly won't get her out of bed to find a job in the near future. And right now, Jennifer needs self-esteem and a job far more than she needs insight into her relationship with her parents.

During my first session with Jennifer, I'd discuss with her the ten cognitive distortions (see box, right). These are the kinds of illogical thinking that make us feel depressed, insecure or otherwise negative about ourselves. Chances are Jennifer is victimizing herself with several of these distortions. I'd hand Jennifer a pencil and paper and ask her to make a chart (see page 65, opposite) with the headings *Automatic Thought*, *Cognitive Distortion* and *Rational Response*.

This chart—which Jennifer will fill out and bring in for next week's ses-

sion—will help her become aware that the real source of her depression is not the loss of her job, but the harsh and illogical way she puts herself down. As she learns to replace these self-denigrating thoughts with more positive and realistic ones, she will begin to feel better. She'll also learn to challenge some basic values that make her vulnerable to anxiety and depression. She'll discover that she has a great need to be perfect and to get everyone's approval before she can love herself. In the course of treatment, she will learn to love herself unconditionally—because she is a human being, because she is suffering and because she needs the love.

## Motivation

Now, if you ask anyone which comes first, motivation or action, almost everyone will answer "motivation." But that is not so. Action must come first: Once you get started, you'll find yourself motivated to do even more. But if you wait until you feel like doing something, you may, like Jennifer, find it very hard even to get out of bed in the morning. The best way to overcome this lethargy is to *do* something.

For Jennifer, motivation is a real problem. I would ask her to get out the pad and pencil again and do the Pleasure Predicting chart (see page 66), listing a number of activities she enjoyed before her depression set in. Next to the activity, she'll write how much pleasure (on a scale of zero to 100%) she thinks it would now give her. Then, after she accomplishes each, she'll evaluate and record how much pleasure she actually got.

People who use this chart almost invariably find the activity more enjoyable than anticipated. This unexpected pleasure encourages them to get involved in more activities and eventually to defeat the depression.

The Pleasure Predicting chart also includes a column to record whether you do the activity alone or with someone. This helps people who are desperately afraid of doing things by themselves when they're depressed. I ask these people to choose activities that they ordinarily enjoy, then to predict the pleasure they now expect on the basis of whether the activity is being done with someone or alone.

Remember, all these techniques—analysis of your cognitive distortions, the Automatic Thought/Rational Response chart, the Pleasure Predicting chart—are *active* ones. They can help you conquer your bad moods, but the key to using them is that pencil and

## THE TEN COGNITIVE DISTORTIONS

Following are the most common ways in which people distort their thinking about themselves. See if you recognize some of the traps you fall into when you're feeling upset.

**1. All-or-nothing thinking:** You see things in absolute categories. If your performance isn't perfect, you feel you're a total failure.

**2. Over-generalization:** You view a single negative event as a never-ending pattern of defeat.

**3. Mental filter:** You pick out a single negative detail and dwell on it so exclusively that it colors your whole vision of reality—like the drop of ink that discolors the entire beaker of water.

**4. Disqualifying the positive:** By rejecting positive experience (it "doesn't count"), you nurture a negative belief that is contradicted by everyday experience.

**5. Jumping to conclusions:** You interpret events negatively, even though there is no evidence to support your conclusion, by...

A. *Mind-reading.* You simply assume that people are reacting negatively to you.

B. *Fortune-telling.* You anticipate that things will turn out badly, then convince yourself the prediction is established fact.

**6. Catastrophizing or minimization:** You exaggerate the importance of, for example, your goof-up or someone else's achievement; or, you minimize into insignificance your own desirable qualities or the other fellow's imperfections.

**7. Emotional reasoning:** You assume that your emotions necessarily reflect reality: "I feel like an idiot, so I must be one."

**8. "Should" statements:** You try to motivate yourself with shoulds and shouldn'ts (or musts and oughts). The emotional consequence is guilt. When you direct these statements toward others, telling them what they "should" do, you reap anger and resentment.

**9. Labeling:** An extreme form of over-generalization involving emotionally loaded language. Instead of describing your error, you attach a negative label to yourself: "I'm a loser." Or, when someone annoys you, you attach a negative label to him: "He's a creep."

**10. Personalization:** You see yourself as the cause of some negative external event for which in fact you were not responsible.



paper. The various charts require you to be much more methodical—and it's that careful, systematic approach that makes cognitive therapy work.

Getting Rid of Your Anger

Cognitive therapy is not just for those who are depressed. It can help you restructure your thinking about yourself whenever negative moods threaten to overwhelm you. Unreasonable anger, for example, is another emotion that can cause us to act in self-defeating ways.

The Automatic Thought/Rational Response chart Jennifer used to deal with her depression also works to analyze anger. The first step is to realize that it's ultimately your own thoughts, not what other people do, that cause your anger. In addition to checking your logic against the Cognitive Distortions chart, ask yourself whether your anger concerns something you can take action to resolve. If the cause of your anger cannot be changed—like the weather, for example—you are simply expending fruitless energy.

Anger, unfortunately, is one of the most difficult of emotions to overcome. Unlike depression or anxiety, anger somehow makes us feel virtuous. In fact, when I ask patients to write down the negative thoughts that make them

angry, they often become indignant, as if I were taking something valuable away from them.

In such cases, I suggest patients do a kind of cost/benefit analysis: Make a simple two-column chart, listing on one side how the anger helps you, and on the other side how it hurts you. If the analysis favors the anger, learn to express it effectively. But if you find that your anger makes you feel bad and sours your relationships with others, then work at eliminating it.

Anxiety and Nervousness

Anxiety, too, responds well to the Automatic Thought/Rational Response technique, including the kind of performance anxiety that afflicts all of us at times. I frequently see people who, in the course of their work, have to make oral presentations. Often these people do fine when writing reports in the privacy of an office, but if asked to present the material to a group, they are too terrified to function.

Anxious people often suffer from the "fortune-telling" error. They continually predict that they'll do poorly: "I'll be so nervous my mind will go blank," or, "Everybody's going to know I'm beside myself with nervousness." Frequently, these thoughts are so upsetting that the person actually does a

bad job. A person with performance anxiety also tends to believe that her entire worth as a human being depends on the approval of others. Another attitude that motivates these people is what I call "emotional perfectionism"—the idea that any display of negative emotions such as nervousness or anxiety (and, after all, everybody feels these now and then) makes one a less worthwhile human being.

Role-playing

Sometimes a combination of negative emotions confuses or distorts a situation. For instance, suppose you've just received a note from your son's teacher indicating that his classroom performance is not what it should be, and she'd like to discuss the situation with you. Most mothers would feel somewhat anxious about the interview, as well as a little guilty.

In a situation like this, your bad feelings are caused by personalizing the situation. You see your son's problems as your own because you see him as an extension of yourself. You then blame and punish yourself and the resulting guilt and tension actually get in the way of helping your son. He will sense your tension, and his problems will get worse. Your distorted thoughts may thus appear realistic,

AUTOMATIC THOUGHT/RATIONAL RESPONSE

The "triple-column" technique can help you restructure the way you think about yourself. The aim is to substitute more objective thoughts for the irrational self-criticism that automatically floods your mind, particularly when you've erred in some way.

AUTOMATIC THOUGHT	COGNITIVE DISTORTION	RATIONAL RESPONSE
I never do anything right. That's why I lost my job.	Over-generalization	Nonsense. I do lots of things right. In fact, I was bored with the job and it showed. My real mistake was not looking for more suitable work.
What's the use of looking for another job? I'd probably just lose it, like I lost this one.	Catastrophizing	One job loss doesn't mean eternal unemployment. I've never lost a job before this one, and I don't intend to lose another.
Everyone is looking down on me because I'm unemployed. My friends are avoiding me.	Mind-reading and over-generalization	A few people may look down on me because I don't have a job, but really I have no way of telling what they're thinking. And my real friends aren't going to despise me because I'm temporarily unemployed.
But losing a job shows what a jerk I am.	Labeling	Oh, come on. That's inappropriate. I'm just irritated at myself for not having quit before this happened.
I'll be so nervous looking for another job that I'll make a fool of myself.	Labeling and fortune-telling	I'm not a fool, so there's no reason I should look like one. And everybody who applies for a job is a little nervous. Job interviewers know that and make allowances for it.
It'd be so much easier just to stay in bed. Why get up just to be rejected?	Emotional reasoning	It may seem easier now, but it will only make it harder to get moving later on. Anyway, the sooner I look, the better, or I'll be forced into taking the first job I find—and that's an invitation to repeat the situation I'm getting out of.



## THE BURNS PLEASURE- PREDICTING METHOD

Many people have developed certain assumptions that make them prone to painful mood slumps, including the notion that if you meet with disapproval you are bound to feel unhappy. For example, a woman who loses a job or is going through a divorce may feel she is intrinsically less worthy. Instead of acknowledging failure at a particular goal, she believes that *she* is a failure; instead of saying, "That person does not love me," she says, "I am unlovable."

But if you can dispel these self-deprecating notions, you can develop genuine self-esteem—which is not based on external factors. This chart is designed to help you do just that.

The method is simple: Record the date on which you do the activity (column 1); the activity (column 2); the person with whom you do the activity (column 3; if alone, write "self"). Then predict—before engaging in the activity—how much satisfaction you think you'll get from it on a scale of zero to 100% (column 4); and after you have done the activity, record your actual satisfaction (column 5).

Here is a sample to guide you:

Date	Activity	Companion	Satisfaction Predicted	Actual
5/18	Visit museum	Self	20%	65%
5/19	Go to movie	Friend	85%	80%
5/26	Read novel	Self	75%	85%
5/30	Walk to park	Friend	60%	70%
6/2	Date	Male friend	95%	80%

You may discover, using this chart, that many of life's pleasures don't involve great accomplishments. You may also find that activities you do by yourself are genuinely enjoyable—often more so than those you do with others.

These discoveries can help you learn that, while approval and success may be desirable, you don't need them to be worthwhile or even to feel good. In the last analysis, only one person can make you happy or unhappy, and that person is you.

and function as a self-fulfilling prophecy. To deal with such a situation, I would set up a role-playing dialogue: At first I'd voice the rational, compassionate part of the patient's mind to teach her how to talk back to her self-deprecating thoughts. Then after we had gone through the conversation, I might ask the patient to switch roles with me.

Here is how I might structure such a dialogue for the situation, with a patient I'll call Nancy:

**Nancy:** *I just feel like I'm a bad mother. I know I don't give Bobby enough attention, but I've been so busy.*

**Dr. Burns:** *So a bad mother is one who doesn't give her child enough attention? Enough for what?*

**Nancy:** *For her child to do well in life.*

**Dr. Burns:** *To do well in everything?*

**Nancy:** *No, but in some things. No one can do well at everything.*

**Dr. Burns:** *And does Bobby do well at some things?*

**Nancy:** *Oh, yes. Quite a few things.*

**Dr. Burns:** *Then you can't be a "bad mother" according to your own definition because your son does well at many things.*

**Nancy:** *But I feel like a bad mother.*

**Dr. Burns:** *You seem to be using that label because you'd like to spend more time with your son and because you see a need for better communication with him. But to conclude automatically that you're a bad mother won't solve any of those problems.*

**Nancy:** *But I know that if I gave him more help, he'd do better at school, and he'd be a whole lot happier.*

**Dr. Burns:** *So you're willing to take the blame for Bobby's mistakes?*

**Nancy:** *Well, yes—I do feel it's my fault he hasn't been doing well.*

**Dr. Burns:** *And would you also take the credit for his achievements?*

**Nancy:** *No. He should get the credit for those.*

**Dr. Burns:** *Does that make sense? That you're responsible for his faults and not his strengths?*

**Nancy:** *No, I guess it doesn't.*

**Dr. Burns:** *You see, "bad mother" is merely an abstraction, not a thing. There are mothers who do a variety of things—good, bad and indifferent.*

**Nancy:** *Okay, but some mothers are more effective than others.*

**Dr. Burns:** *Absolutely—with parenting as with most things there are all degrees of effectiveness. And everyone has room for improvement. The meaningful question, however, is not "Am I a good or a bad mother?" but "What are my relative strengths and weaknesses and how can I improve?"*

**Nancy:** *I understand. When I label myself "bad mother," I can only feel inadequate and depressed, and I don't do anything productive. Once I give up merely criticizing myself, I'll be better able to help Bobby.*

By really going through and analyzing her emotions, Nancy learned how to focus on the actual situation: Bobby's performance, not her qualities as a mother. As a result, she was able to deal with this particular situation, and she also learned to reverse some of her basic attitudes so she could avoid similar situations in the future. Learning systematic problem-solving techniques to use on your own is one of the hallmarks of cognitive therapy. Picking up the tools to master your moods represents the crucial difference between *feeling* better, which can happen spontaneously, and *getting* better, which means your moods are under greater self-control.

Unless there are some fairly deep problems, it's entirely possible to set up this kind of dialogue with a friend, just as you can do the charts on your own. Often, simply by voicing these fears and guilts, you can see their logical flaws and begin to turn negative thought patterns to positive ones.

And that, of course, is the central concept of cognitive therapy. As you learn to think about the situation and your emotions clearly and logically, you will feel less threatened and will begin to find coping strategies. Labeling yourself simply uses up emotional energy and distracts from the task of finding the real problem and working to improve the situation.

You cannot deal with abstractions and absolutes, and you cannot change what happened yesterday. But you can change how you think and feel about yourself—and, as a consequence, what happens tomorrow and the day after that.

**End**

Cognitive therapy is effective for a wide range of emotional or situational problems. But someone with serious mood disorders requires the help of a professional for any therapy undertaken. When in doubt, it's always worthwhile to ask for an evaluation by a qualified mental health professional. To find one who uses cognitive-therapy techniques in your area, write to:

David D. Burns, M.D.  
Assistant Professor of Psychiatry  
University of Pennsylvania Medical School

133 South 36th Street, Suite 309  
Philadelphia, Pa. 19104





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Warning: The Surgeon General Has Determined  
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0.6 mg. nicotine av. per cigarette, FTC Report Dec. '81.



# Super Quick Meals Easy as

# 1-2-3

Racing the kitchen clock? Try our tasty recipes for 4 and come out a winner.

FROZEN PIE SHELL



## Ham & Pepper Pie

- 1 Preheat oven to 375°F. with cookie sheet on middle rack. Sprinkle ¼ lb. chopped boiled ham and 3 Tb. chopped roasted red peppers on bottom of 9" pie shell.
- 2 Beat 2 eggs; add a 15-oz. carton ricotta cheese and ⅓ cup grated Parmesan cheese. Pour into pie shell.
- 3 Bake on cookie sheet 35 minutes or until done.

## Reuben Pie

Preheat oven to 375°F. with cookie sheet on middle rack. Spread ⅔ cup chopped corned beef on bottom of 9" pie shell. Top with 8-oz. can rinsed and drained sauerkraut and 1 cup grated Swiss cheese.

Beat 3 eggs, 1 cup evaporated milk and 1½ tsp. Dijon mustard. Pour into pie shell.

Bake on cookie sheet 30 minutes or until done.

## Curried Chicken Pie

Preheat oven to 375°F. with cookie sheet on middle rack. Crumble 5-oz. can chunk chicken meat on bottom of pie shell.

Beat 2 eggs, 6-oz. container soft cream cheese, 1 cup milk, 2 Tb. dehydrated onion, 2 Tb. chopped chutney until well blended. Pour into pie shell.

Bake on cookie sheet 35 minutes or until done.

VEGETABLE JUICE COCKTAIL



## Low-Cal Dressing

- 1 In jar with tight-fitting lid combine 1 cup vegetable juice cocktail, 1 Tb. salad oil and 2 tsp. lemon juice.
- 2 Add a crushed garlic clove, ½ tsp. each crushed basil and Dijon mustard. Cover and shake well.
- 3 Pour over salad greens; toss until well coated.

## Vegetable Cooler

Combine 1½ cups vegetable juice cocktail and an 8-oz. container plain yogurt in blender.

Add ½ tsp. celery salt, ¼ tsp. Worcestershire sauce and 4 drops bottled hot red pepper sauce; blend.

Pour into 4 glasses; garnish with lime wedge and/or celery stalk.

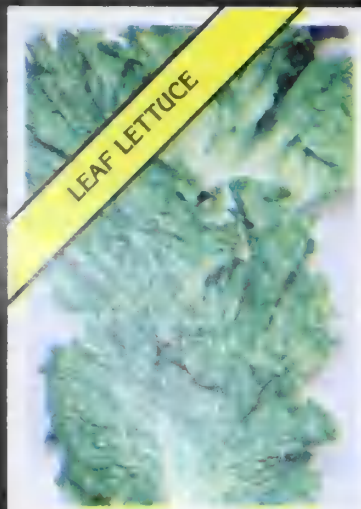
## Veggie Burgers

Mix 1 lb. ground beef, ¼ cup vegetable juice cocktail, 1 Tb. dehydrated onion, ¼ tsp. each salt and celery salt, 4 drops bottled hot red pepper sauce. Shape into 4 patties.

Pan-fry patties in 1 tsp. butter. Remove and keep warm.

Heat ¾ cup more juice, ¼ tsp. each sugar and oregano until thick. Serve over patties.

LEAF LETTUCE



## Wilted Lettuce Salad

- 1 Cook 6 slices bacon until crisp; drain and crumble. Pour off all but ¼ cup drippings.
- 2 Combine 6 cups torn leaf lettuce with bacon and ¼ cup chopped green onions.
- 3 To drippings add 3 Tb. cider vinegar, 1 tsp. sugar and a dash of salt and pepper. Stir over low heat until hot. Pour over salad and toss. Serve immediately.

## Tropi-Cream Salad

Peel and dice ½ ripe papaya. (Reserve other half for another use.)

In small jar with tight-fitting lid combine 2 tsp. sugar, ¼ tsp. salt, 3 Tb. half and half cream and 1 Tb. cider vinegar. Shake well.

Toss dressing with diced papaya and 6 cups torn leaf lettuce.

## Sorrento Salad

Remove marinated artichokes from 6-oz. jar; reserve marinade.

Combine artichokes, 6 cups leaf lettuce, ¼ lb. each julienned Genoa salami and provolone cheese; toss.

Shake marinade with 2 tsp. wine vinegar and ¼ tsp. crushed oregano. Toss into salad. Add 12 cherry tomatoes, halved; toss again.



The next time you buy coffee you should read the label. Make sure the brand you are buying is 100% Colombian Coffee. Because, Juan Valdez and his fellow cafeteros pick Colombian



Coffee by hand. Seen by bean. Only when they are sure it is ripe. And, they do it that way, so that when you pick 100% Colombian Coffee you can be sure you are buying the richest coffee in the world.

**Pick your coffee as carefully as we do.**



# To you, it's just a little white spike.



## To your coleus, it's dinner for 2 months.

Some people tend to believe that great results require hard work. These same people tend to find Jobe's little white houseplant spikes somewhat amazing.

Amazing, that something so very simple could be so very effective.

Amazing, that these little white spikes could be so rich in nourishment. Feeding your plant 60 days worth of life-promoting nutrients.

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ous they need to develop lots of large, abundant blossoms.

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The easiest way to grow  
on earth!



## Homeowners' Bonanza

anks insist you buy a homeowners policy to protect your property against loss of fire, lightning and theft. And most of file it away in a safe place without a second thought.

What you might not know is that a basic homeowners policy also insures you against a surprising variety of catastrophes. Your policy's fine print may not be your idea of pleasure reading, but it's worth your time to examine your coverage and to see what benefits you may be overlooking.

Here are some extras to check for. (They're commonly covered, though policies do differ occasionally.) For instance:

- Fences around your property, patios and swimming pool are covered, except when damage is caused by freezing, thawing, water or ice.
- Materials and supplies for alterations, construction or repairs on the premises are covered.
- Your trees, shrubs and other plants are part of the package insured against fire, lightning, explosion, riot, aircraft, vehicles, vandalism, malicious mischief or theft. There is a \$250-\$500 limit on any single plant and a \$1,000 maximum for all plants. Grave markers are also covered up to \$500.
- Your personal property coverage may insure you for up to \$500 on such papers as securities, accounts, deeds, manuscripts and stamps.

## Easy-Reading Thermometers

If you have trouble keeping a thermometer under your tongue or sitting quietly for the three minutes temperature-taking traditionally requires, then rejoice.

There are several thermometers making news these days that will make it easier and quicker for you to find out just how sick you are.

The first, an electronic thermometer, uses a tiny computer and a temperature probe called a thermocouple. To take someone's temperature, place the probe under the tongue for one minute; the reading—in either Fahrenheit or centigrade—appears on the thermometer's digital dial.

Electronic thermometers use standard 9-volt batteries and are sold in pharmacies, department and discount stores or by mail order for \$15 to \$30. They are widely used by doctors and are very accurate.

Less accurate, but even more convenient, is the liquid crystal thermometer, which takes the form of a plastic strip that is held against the skin (usually the forehead) for

*Must I tell a friend or relative that I am returning her wedding gift?*

Wedding gifts are meant to be used and enjoyed. One that will go unused should be exchanged or returned at the store where it was purchased. And, no, you need not tell the donor. When you write a thank-you note for a gift you intend to return, keep your message general, thanking the donor for her generosity and good wishes.

*Is it proper for a woman to give a toast at a wedding reception?*

It is proper for a woman to give a toast at a wedding dinner or any other occasion where glasses are raised. Remember, however, that no one should be asked to stand and declaim without prior warning. Before the event, those you wish to have make toasts should be asked if they are willing to do so. Some

■ You may be covered up to \$500 for unauthorized use of your credit cards if they're stolen. (Check with the particular credit card company first, however, to determine exactly what liability, if any, you have incurred.) Also, if someone slips you counterfeit U.S. or Canadian currency, you may be covered up to \$500.

■ While you won't be covered for malfunctioning plumbing, heating or air conditioning systems, you are probably covered for damage caused by water escaping from these systems.

■ Have you spotted an extraordinary number of UFO's lately? Some policies cover losses caused by aircraft, specifically including spacecraft.

■ While your policy does not cover loss due directly or indirectly to a nuclear hazard, it does cover your property from direct loss by a fire resulting from a nuclear hazard.

■ If your house is destroyed by an insured hazard, the company will pay increases in your living expenses so that

one minute. The strip contains heat-sensitive liquid crystals for different temperature ranges. A typical model, for example, has different-colored crystals to register temperatures in the 97-100, 101-102, 103-104 and 105-106 ranges. If the skin temperature is, say, 99° F., the crystal in the lowest range will register by lighting up.

While not as precise as electronic or mercury thermometers (the kind that most people have), liquid crystal thermometers are easy to use and inexpensive (some sell for \$2). A disposable model with an adhesive strip to hold it in place on the skin will be introduced soon.

—GENELL SUBAK-SHARPE



people simply are not very comfortable speaking in front of a crowd, and their feelings should be respected.

*As the mother of the bride, what are my obligations to out-of-town guests?*

Wedding customs have grown much less formal in recent years. In the past, the bride's family was responsible for the care, feeding, lodging and amusement of out-of-town guests throughout their entire stay. Nowadays those expenses are likely to be shared with the groom's family, or the guests may pay their own way. Before the invitations are sent out, you and the groom's mother must decide how extensive your hospitality will be. Will you rent hotel rooms for out-of-town guests? Will there be a prenuptial dinner? And which of you will pay for what? When the invitations are mailed, one of you should write to all the out-of-towners spelling out the arrangements you have made. What's important is that the guests know before they accept your invitation which expenses you will pick up and which ones they will incur. If you do not wish to rent hotel rooms for your guests, you may put them up with friends.

—CHARLOTTE FORD

you and your family can maintain your standard of living while rebuilding your house or relocating.

■ You can count on up to \$250 for damage you accidentally do to someone else's property.

It is a company's privilege to go to court to fight a claim. They foot their own bills as well as any costs assessed against you. If they want you to help with an investigation or the defense of a suit, they pay any reasonable expenses, such as loss of earnings (up to \$25-\$50 per day).

What's more, your insurance will continue even if you go bankrupt—as long as you've paid the homeowners premium.

—JULIE MAXEY





## Fighting the Bugs

**Y**ou've decided not to use insecticide sprays in your backyard this summer, so what are you going to do about the mosquitoes and gnats and other uninvited flying objects during regular family barbecues or at your next patio party?

It's a problem. You could build a screened-in gazebo if you have space. Or make a large bonfire to smoke out the gnats. Or try one or more of the following alternatives—some of which are more effective than others.

**Dry up any stagnant water.** One of the best ways to control mosquitoes is to destroy their breeding places. Because they breed in water, that means draining any nearby stagnant pools, such as water in rusty old tin cans, discarded tires, clogged gutters, rain barrels or garden pools. (Don't worry about swimming pools. Mosquitoes don't like chlorine!) If the water can't be drained away, cover wet area with a screen or add a thin layer of light oil to the water to kill the larvae.

**Electric lanterns.** These are composed of two parts—a special light that lures flying insects, and a means of trapping and killing the insects as they near the light. Because they do lure the insects, it makes sense to mount the lanterns to a post or tree at least 25 to 50 feet from your outdoor gathering spot, using a long extension cord to do so. Though it usually takes several weeks of continuous lantern use to clear an area of insects, these lanterns are extremely effective when used correctly. Some environmentalists feel they are too effective, however, killing not only annoying mosquitoes and gnats but innocent insects as well, thereby upsetting the environmental balance in the area.

**Citronella candles.** Yes, citronella candles are still around and enjoying renewed popularity. They're pleasant-smelling, non-toxic, inexpensive and moderately effective in repelling mosquitoes and other small, annoying insects. They're made simply by adding insect-repelling oil of citronella (extracted from the citronella grass of the Far East) to candle wax. For added effectiveness, it's a good idea to burn several candles rather than just one. Or stick a citronella torch into the ground near the area where you'll be gathering.

**Yellow light bulbs.** These bulbs have a special yellow coating to cut out the blue light that attracts night-flying insects. The yellow bulbs don't actually repel the insects, but attract them far less than regular light bulbs. Such bulbs are only minimally effective, however, when used anywhere near regular light bulbs.

**Common sense.** Apply insect repellent (and offer it to guests) and dress to cover arms and legs.

—LOIS LIBIEN

## Father's Day T-shirt

Kids can make their own gift for Dad for Father's Day, June 20, by printing a special message or design on a T-shirt. It's easy to do with an iron-on crayon transfer. Children may need your help, especially with the ironing.

You need a white T-shirt, a piece of white paper, a pencil and crayons, in addition to the iron. Have children sketch a simple design on the paper with the pencil. Their message can spell out "Super Dad" or Dad's name in block letters, or they can draw an original design such as a symbol for his favorite sport.

## To Bee or Not to Bee

Is *realize* spelled with an s or a z? Does the word *mayonnaise* have one n or two? While most of us struggle every day with common words like these, champion spellers from schools across the country are preparing for the National Spelling Bee in Washington, D.C. (June 7–11).

Kids who become champions are usually very intelligent, do well in school, read a lot and don't get frightened or flustered under pressure, says Laurel Maag-Sakai, assistant to the director of the spelling bee (which is sponsored by the Scripps-Howard newspaper chain). Unless you are younger than 16, you can't officially pit your wits against theirs. But if you'd like to give an informal test to your own skills, here's a list of some recent winning words:

• **Abalone**—a rock-clinging creature that's edible, but not with mustard on rye!

• **Croissant**—anyone who needs a definition should head straight to a bakery this minute.

• **Shalloon**—a lightweight fabric that's often used to line coats and uniforms.

• **Macerate**—to cause to waste away or dissolve . . . it's what happens when you leave your doughnut dunked in coffee too long.

• **Hydrophyte**—a waterlogged plant.

• **Incisor**—Count Dracula had two very sharp ones.

• **Narcolepsy**—an unfortunate condition that can cause people to fall asleep, even in mid-sen . . .

• **Cambist**—one who is skilled in the science and practice of exchange; often sighted in department stores after Christmas.

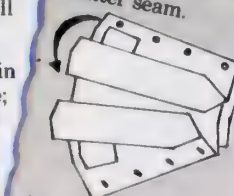
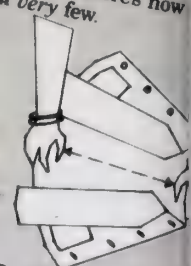
• **Elucubrate**—to work out by studious effort—exactly what the kids in the spelling bee do!

—BETH WEINHOUSE

## Wrinkles Away

No matter how carefully you pack a suitcase, jackets are bound to have a few wrinkles. Here's how to make them very few.

**1.** Lay jacket (man's or woman's) on a flat surface, lining down, collar turned up. Straighten center seam.



**2.** Most jackets have two seams under the shoulder; look for those nearest center back seam. Grasp seam under left shoulder with left hand; grasp bottom of that same seam with right hand and pull taut. Fold over to meet back seam. Smooth wrinkles; neatly lay left sleeve over this fold.



**Caution:** Remember that any transfer design appears in reverse when you iron it on, so be especially careful with lettering—print it backwards on the paper so that it will read correctly on the T-shirt.

The next step is to color in the design with crayons. Use dark-colored crayons. Crayon colors will transfer to a lighter shade on the T-shirt. Press hard to make thick lines.

Set the iron on the right temperature for the T-shirt fabric. Center the drawing on the T-shirt. Turn the design crayon-side down. Slowly iron over the drawing. Remove the paper. Use cold water when you wash the personalized T-shirt.

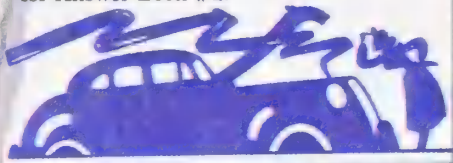
## Emergency! What to Do When Your Car Breaks Down

**F**ixing a flat or checking your oil at the roadside can be dangerous (especially at night), unless other drivers can spot you well in advance. Whether pulled over on a busy four-lane highway or a quiet side street, think safety first.

■ **Warning flares** will burn brightly day or night, in wind or rain, even when wet—to alert oncoming cars that you're stopped and in trouble. The flares come in two types: One ignites when you pull off the cap; the other (safer) lights like a safety match when you strike it against its cap. Place one 100 feet in front of your car, another 300 feet to the rear and a third 10 feet behind (but never near spilled gasoline). Most burn 15 to 30 minutes; check package for exact time. Once lit, flares cannot be reused. Allow them to burn out on their own; *don't* extinguish them yourself. All flares are made to Bureau of Explosives specifications and are flammable, but not explosive. Store in trunk, away from gas tank, up to three years. Cost: about \$1 each, in packages of three or four.

● **Reflective triangles** are another safety aid, but are not as quickly recognized as danger signals. They only work at night, when oncoming headlights catch and bounce off the surface. Place a trio of the triangles in the same positions (1 ahead, 2 behind) as described for flares. Triangles cost \$8 to \$20, but can be used over and over again. Keep in trunk; make sure pointed edges are away from spare tire.

■ For helpful hints on what to do when your car breaks down, send for the handy booklet "The Breakdown Book." Write: Shell Oil Company, P.O. Box 61609, Houston, Tex. 77208. In your letter, ask for Answer Book #2.



## How to Tell a Joke . . . And Make 'Em Laugh

Joke-telling, like barbecuing, has traditionally been man's domain. When you stop to reason why, the answer becomes obvious. To tell a joke, even a quickie, is to be in the power seat . . . to be able to control, yes, even manipulate an audience. You sometimes have to raise your voice, mimic an accent or walk awkwardly like a duck. In short, joke-telling simply isn't "ladylike." But, as with everything else these days, it's time to overcome the old pecking order. Think of humor as a terrific way of communicating—putting friends or co-workers instantly at ease. Just follow these tips for surefire delivery:

**1.** Know the joke cold. Rehearse first if you have to. There's nothing worse than stopping in the middle and trying to re-track who's who or who did what.

**2.** Don't start out apologizing. Too many women begin badly by putting themselves (or the joke) down, saying: "I'm lousy at telling jokes but here goes"; "I hope I can remember the punchline"; "This isn't very funny, but . . ." Or the coy come-on, "I heard a good joke, but, no, I can't tell you." After a few "Please, tell it!" and "No, I can't," who cares?

**3.** Maintain eye contact. Wild or rolling eyes usually suggest panic and spell disaster. Be positive and personal.

**4.** Act enthusiastic! A joke is supposed to be funny. One caution: Don't start laughing hysterically at your own joke before the punchline—that's very annoying.

**5.** Know the balance between oversimplifying (cutting out the flavor of the story) or overembellishing (droning on so long the listeners lose the thread . . . and interest).

**6.** To start you off, here's a short and silly tee-hee:

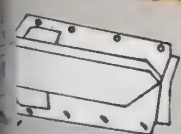
Q. How do you stop an elephant from charging?

A. Take away his credit cards.

—LYS MARGOLD

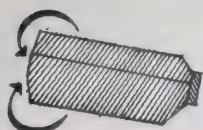


Dennis Zieminski

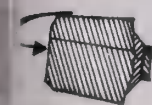


**3.** Repeat with right side, carefully laying right sleeve over left sleeve.

**4.** Fold left jacket front back and over sleeves; fold right jacket front back and over sleeves and jacket front. Smooth wrinkles around collar. Generally straighten out creases.



Leslie Ahney



**5.** Fold jacket in half and pack. Tissue paper between folds and in sleeves helps keep jacket even neater.



A SIDE OF ME  
WANTS A SOAP  
TO CLEAN  
MY SKIN  
WITHOUT  
DRYING

A SIDE OF ME  
WANTS A SOAP  
TO SOFTEN  
WITHOUT  
A GREASY  
FEELING

Now there's a soap  
that can clean  
without drying  
soften without  
that greasy  
feeling. It's new  
Tone. With  
unique cocoa  
butter formula  
now with  
added  
glycerine  
Get clean  
and soft  
... with  
new Tone

NEW TONE. BALANCED TO BRING  
CLEAN AND SOFT TOGETHER.



NEW FORMULA!

Glycerine &  
Cocoa Butter

**Tone**  
SKIN CARE BAR

NET WT 4.75 OZ (135 GRAMS)





# Doris Day Today

Is America's former sweetheart lonely and lost? To find out, we visited her at home for this revealing talk. By A. E. Hotchner

**D**oris Day's marriage goes to the dogs. . . "Doris Day now a bitter recluse. . ."

With apprehension I stared at the headlines on a sheaf of clippings about Doris Day, whom I hadn't seen for several years. I was on a plane, flying to visit her, but the person I knew bore no resemblance to the character I was reading about. "She's closed the door on the world. She's very bitter and paranoid, and shuns close friends," one article revealed. I

read on: "Incredibly, Doris has become a vitamin-popping hypochondriac who lives in terror of being stricken with cancer and sits at home playing records for her pets."

A "stunned neighbor" says Doris's new house in Carmel, California, "looks like a concentration camp." A nameless Beverly Hills hairdresser says that Doris wears disguises—glasses, a big floppy hat and a scarf wound around her face and mouth. And, the hairdresser reveals, Doris's hair has gone completely gray. I searched one of the photos—that of a rather obese, double-chinned woman with

unkempt hair and a puffy, unattractive face—for any vestige of the ebullient, attractive Doris Day that I knew so well, and I found none at all.

Of course, I knew Doris had divorced her fourth husband in February, and had been embarrassed by a franchise scheme for the Doris Day Pet Stores, but could these events have produced such a change in her? Before leaving, I had spoken to her on the phone and she sounded pretty much as she always had. But would I now be greeted by a paranoid woman whom I would not be able to recognize?

(continued)





*Doris Day never lost the wholesome look she had as a girl of four (top left), a fifteen-year-old (top center), or a bathing beauty (bottom center, with June Allyson)*

*America's ever-virginal girl next door captured our hearts—plus Clark Gable's (center left) and Rock Hudson's (bottom right) in hit movies like Pillow Talk.*





I turned to another article, which revealed that Doris was now seen wearing torn and dirty jeans, sweatshirt and messy hair. "The once beautiful actress, who was America's sweetheart, often

looks like a ragged and disgusting old lady," the article continued. "She's a lonely pathetic figure who's certainly become weird and eccentric."

In the book I had written about Doris, I had described our first meeting in these words: "Doris came striding into the garden, yellow sweater, beige slacks, yellow straw hat perched on the back of her blond hair, glowing skin, an aura of buoyant euphoria playing off her."

How, I wondered, could she possibly have become this unrecognizable neurotic recluse in those few intervening years? What had happened to her inner resiliency, her ability to survive the many crises of her life? What was her real reason for moving from Beverly Hills, where she had lived for thirty years, to the Carmel Valley, a hundred miles south of San Francisco? Was it to shut herself away from her friends, family and everyone else?

These were my thoughts as I drove through the imposing gate of Doris's home, past the handsomely manicured grounds with their

newly planted flowers and shrubs. Before I reached the main door, however, Doris appeared from a side entrance, looking as healthy and radiant and beautiful and chic as when I had last seen her. And, incredibly, looking not a day older.

After we embraced, I asked her what had become of the paranoid hag who was supposed to be living there, and she laughed.

"You can't imagine what mail I received after those articles began to appear," she said. "Thousands of letters from people asking if I was all right, how they could help, genuinely concerned. I answered all of them. What some of those gossip magazines will print to sell copies! I'm convinced that the vicious articles that they ran about my mother a few years ago contributed to her death. Poor Nana. How I miss her. It's heaven here now, and her presence would make it complete."

A canine chorus had been filling the air since my arrival. Doris has a large contingent of dogs and cats and a bird living with her. Most of these animals were strays that she rescued. Now they are family to her, as real as aunts, uncles and cousins.

In addition to the main house, Doris has built a guest house and a separate house for the dogs as well. In another building, by itself, is her spectacular bedroom—a huge room featuring a cathedral

ceiling, a large canopied bed and a stone fireplace.

The view from these houses is remarkable. The property is situated atop a cliff, and the imposing hills and streams and little roads of Carmel are wrapped all around it, stretching to infinity in every direction. Off in the distance, approximately three miles away, is the Pacific Ocean.

As we (continued on page 123)

*Doris likes to cruise around town in her Model A Ford (top). But most of her day goes to her dogs (she has 18!)—and to her Pet Foundation.*









# beauty under the SUN

"There's no excuse for a sunburn," says one doctor. Now there's plenty you can do to prevent it.

**Tanning update** All the research agrees, making it definite—the sun's ultraviolet rays are harmful. They break down skin cells, causing wrinkles and skin cancer. There is an added danger in that the damage is cumulative and may take 15 to 20 years to show up.

The place where you tan best—near any water—is the place that's especially dangerous to your skin. Sun reflects off water, doubling the intensity of harmful burning. How can you best protect yourself? Before a day at the beach with your family, have everyone apply a sunscreen giving maximum protection—it will be marked with an SPF (sun protection factor) number of 15. (SPF numbers range from a low-protection figure of 2 to a maximum of 15.) Apply sunscreen to your children's skin, then let them apply it to yours. This as-

sure even coverage on hard-to-reach places such as your back. Note: A child's delicate skin burns easier than yours, so *always* keep babies shaded, protect children with sunscreen reapplied often, and put light clothing on them at the very first sign of a burn.

For even better protection, avoid the strong midday sun and confine your sunbathing to after three P.M. (rays are weaker then, but still powerful enough for tanning). Also, a tan needn't mean a dark tan. Slowly acquire a light touch of color, without burning, by using sunscreens with gradually diminishing SPF numbers as color builds up. People who should be most careful, of course, are fair-skinned blondes and redheads and anyone who acquires a tan with difficulty because of a skin-pigment deficiency. (continued on page 137)

## The sun and your hair

"Hair can't help being lightened by the sun," according to Dr. John Corbett, vice president of technical development for Clairol Research Laboratories. "Sun-bleached hair can look great, but unfortunately, sun is the most damaging element to hair," says Corbett. "It fries each strand slowly because hair cuticles have no built-in defenses against the sun's ultraviolet rays."

To counteract effects of sun, step up conditioning—follow each shampoo with instant conditioner, and deep condition as often as needed to coat hair and prevent damage. Avoid sun-bleaching by wearing a straw hat. Once sun-bleached hair starts growing out, if roots are obvious you can add highlights to them using a highlighting kit.

**Perm notes.** A perm's a great choice for summer as it offers "wash 'n' wear" hair. But permed hair is weaker and more porous and so more prone to the damaging effects of the sun. To protect, deep condition regularly and cover with a loose hat if hair becomes brittle or frizzy.

**Caution:** Perm your hair at the start of the summer, before the sun gets a chance to dry it. A perm on damaged hair can worsen its condition. If you plan to perm mid-summer or soon after, ask your hairdresser to check your hair condition. Even if you can't detect it, your hair may be too weak to handle a perm. When you're in the sun, protect hair by coating the outer strands with a non-greasy conditioner.

**O**n these pages, all the news you need to help you look great this summer.

By Maureen Lynch, Beauty and Fashion Director



# beauty in the WATER

## Thriving on water

Our bodies thrive on water. We drink it, shower in it, bathe in it, swim in it. Water can make us look and feel younger; it keeps skin soft and supple. And now is the season to take full advantage of water's pleasures, as we enjoy backyard pools, freshwater lakes and saltwater beaches. Water is not without its problems, however, so check the skin and hair chart below.


## Making up for water

Waterproof makeup is formulated to stay on while you swim. Non-soluble ingredients in the makeup help it cling to skin until makeup remover is used to take it off. Waterproof formulations are creamier than regular makeup, containing more oil and little or no water. Waterproof cream blush, lipstick, eyeshadow and cover-up cream stay on the skin well. Foundation, however, is one product that doesn't work well in waterproof form, as consistency tends to be thick.

## The all-water, problem-solving beauty chart

	Salt water	Fresh water	Chlorinated water
<b>Skin</b>	<p><b>Problems:</b> Removes natural oils and acid from skin making it dryer, more prone to sunburn. If contaminated, may contain organisms that infect open cuts.</p> <p><b>Solutions:</b> Apply waterproof sunscreen 15 minutes before swimming; moisturize after showering; dry skin after swim and reapply sunscreen. Cleanse cuts carefully.</p>	<p><b>Problems:</b> Removes natural acids so skin is susceptible to sunburn; contaminated water may cause rashes and infections.</p> <p><b>Solutions:</b> Use waterproof sunscreen (applied 15 minutes before swim); wear goggles to protect eyes if presence of bacteria is suspected.</p>	<p><b>Problems:</b> Can irritate eyes, skin; removes natural skin oils and acid. Makes skin prone to sunburn. May help clear oily skin condition by removing excess oil.</p> <p><b>Solutions:</b> Apply waterproof moisturizing sunscreen 15 minutes before and again after swimming. Wear goggles if eyes are sensitive or for a long swim.</p>
<b>Unprocessed hair</b>	<p><b>Problems:</b> Can be damaging to hair as salt and sand tangle and dry strands. Color looks dull as salt crystallizes.</p> <p><b>Solutions:</b> Rinse after exposure; don't comb or brush until after use of creme rinse; detangle with fingertips.</p>	<p><b>Problems:</b> Ideal for all hair, although hard water may leave filmy residue.</p> <p><b>Solutions:</b> Don't brush wet hair; use creme rinse or 1 part white vinegar or lemon to 3 parts water to remove film.</p>	<p><b>Problems:</b> Dries hair; can tint light hair green from copper residue in pipes; can weaken hair, contribute to split ends.</p> <p><b>Solutions:</b> Wear swim cap to protect light hair color; rinse after exposure. Consult hairdresser if green tint occurs.</p>
<b>Color-treated hair</b>	<p><b>Problems:</b> May fade color; salt and sand may dry hair, make it tangle and look dull.</p> <p><b>Solutions:</b> Rinse after exposure; wear watertight swim cap to prevent fading; deep condition as needed.</p>	<p><b>Problems:</b> Can fade color same as shampooing; least drying to hair.</p> <p><b>Solutions:</b> Wear cap to reduce fading if you swim a lot. Condition as needed.</p>	<p><b>Problems:</b> Can fade color, very likely to tint hair green; dries hair and "swells" strands, leaving hair prone to damage.</p> <p><b>Solutions:</b> Rinse hair with fresh water after exposure. Wear swim cap to reduce color fading.</p>
<b>Permed hair</b>	<p><b>Problems:</b> Can dry hair, leave it brittle; color dulls as salt crystallizes. Strands may break if brushed when wet.</p> <p><b>Solutions:</b> Rinse after exposure; condition hair regularly, treat wet hair gently. Wear swim cap to prevent damage.</p>	<p><b>Problems:</b> Affects hair same way as shampooing; hair should feel "normal"—if it's dry or brittle it needs deep conditioner.</p> <p><b>Solutions:</b> Condition after shampoo; don't brush wet hair—finger-fluff into place.</p>	<p><b>Problems:</b> Dries hair and weakens shafts and can leave strands brittle if damage is present.</p> <p><b>Solutions:</b> Shampoo or rinse with fresh water after exposure—don't brush wet hair. Deep condition regularly; wear watertight swim cap if hair is damaged.</p>



A close-up photograph of a young woman with dark hair, smiling broadly at the camera. She is wearing a black and white horizontally striped one-piece swimsuit. She is in a swimming pool, with water splashing around her. The background is a bright blue sky and water.

## "Bikini" lines, etc.

Whether you shave, wax or depilate excess hair, do so as long before a swim as practical—shave the day before, wax or depilate two days prior when possible. Skin that's recently been abraded—particularly around the "bikini" line—can be sensitive to elements such as chlorinated water in a pool. Ideal time for hair removal is after a shower when hairs are weaker and swollen, so easier to remove.

**Water caution** Swimmers are susceptible to fungus and yeast infections, particularly if one has a predisposition to them. The problem starts not while you're in the water but after you leave it and remain in a wet swimsuit and then begin to perspire. The combination of the bacteria in perspiration and dampness can trigger fungus to grow in places air can't circulate, such as the genital area, under breasts and in skin "folds" of overweight people. To avoid the problems, rinse after swimming, dry skin carefully, particularly under your swimsuit.

## Swimming— the ultimate exercise

An exercise that simultaneously increases muscle tone and flexibility, improves posture and coordination, enhances circulation and endurance. Swimming . . . the complete exercise . . . the most effective one we know. And it's accessible to almost everyone, especially in summer. According to Dr. Norman Scott, attending orthopedic surgeon at New York's Lenox Hill Hospital, swimming offers the same benefits as more strenuous exercise, such as jogging, but is superior because water supports and cushions the body so you get a full workout, minus the stress on joints. And this big plus: Swimming conditions your cardiovascular and respiratory systems.

To get the full benefits from swimming, maintain a regular program. If you're a beginner (or out of shape), start with short spurts and *gradually* work up to a non-stop 20-minute stretch. Do at least three times a week. It matters less the stroke you use (crawl or breast) than it does the regularity.

### **Safety tip**

There are no strict rules as to how long to wait to swim after eating. While 20 minutes is safe, the basic guideline is: the bigger the meal, the longer you should wait. Try to eat lightly before swimming, and steer clear of water if you feel full.

*Research and text  
for these pages by  
Wendy Korn.*



# Ice cream



Here's the latest  
scoop on America's  
favorite dessert!



Remember the childhood chant, "I scream, you scream, we all scream for ice cream?" Well, the clamor for the thrills and chills of this frozen delight is ever-growing. A recent survey shows that ice cream is by far this country's most popular dessert and is tops on the snack list. Vanilla still rates as the #1 flavor; chocolate, a distant second. For

more melting moments, we've concocted some goodies that are pure fantasy, such as Rainbow Angel Pie; plus revisited some classics, such as fizzy sodas and great shakes. Opposite page: Top-A-Cone. For extra yumminess, try sprinkling a well-rounded scoop with a handful of candies, cookies or crunchy cereals. Recipes, page 102.



**Profiterole Pie** One giant cream puff, packed with very pink peppermint ice cream and drizzled with a homemade, gooey-rich hot fudge sauce. A perfect show-off for a party dessert.



**June Basket** A many-splendored creation for any fancy occasion. Base is mock-coconut shell, cleverly made with ice cream, melted chocolate, toasted coconut. Fresh fruit center; a flower-sprigged handle.

Victor Scocozza



# Say Good-bye to Clutter



Baskets by Perkins Country Collection.

Are your closets in a state of chaos? Your drawers a jumble? Indeed, is your whole house ready to burst at the seams? If so, it's high time to get organized. But how? Ease the squeeze by redesigning what's already there, tapping unused storage places or even showing off possessions with style. Here are the very latest ideas on stretching space and bringing a sense of order to your home. By Karen Fisher

## Putting Your Closets to Work

Your motto right now should be: Never underestimate the potential of a closet.

**1** For years, closets were built with one rod and a single shelf at the same height as the door (making it hard to maneuver bulky items). Correct this by installing a "system" offering double rods, vertical dividers, sliding drawers, swivel hangers, etc.

**2** Take your closets all the way up to the ceiling. Use the top for dead storage—once-a-year items such as Christmas ornaments. When you need to retrieve, keep a step-stool or "grocery store" reacher handy.

**3** Label everything clearly or make a master list of all the items that are up high or buried away. Out of sight means out of mind.

**4** Good investment—a tie or belt rack. This gadget stops accessories from piling up on hooks and forever sliding to the floor.

**5** Hang everything that you can. Use the back of each closet door or side walls for extra shoe racks, catchall shelves, those helpful hang-alls for iron and ironing board.

**6** Little kids' closets should look very different from mom and pop's. With almost no long hanging clothes, there can be adjustable rods (doubled up or even tripled) and leftover space for shelves.

**7** Check your closet lighting. The common fixture, one single bulb, leaves too many dim areas. Try to illuminate all corners (fluorescent works well). Wouldn't it be nice to match colors without taking out clothes?

**8** Any extra closets can be turned into mini-rooms—a utility center for washer/dryer; a well-stocked bar; a gym with bench and weights; a media room for a sound system.

**9** One basic remodeling job creates better access to existing space by widening doorways to full width of closet, installing sliding doors. Or, for a dream closet, there's a dry-cleaner apparatus that mechanically revolves clothes (needs 4½ x 7½ feet of space).

**10** Be charitable. Sort out and donate all clothes, shoes, etc. that never fit or flattened. Clean up—get a hefty tax deduction.

## Show It

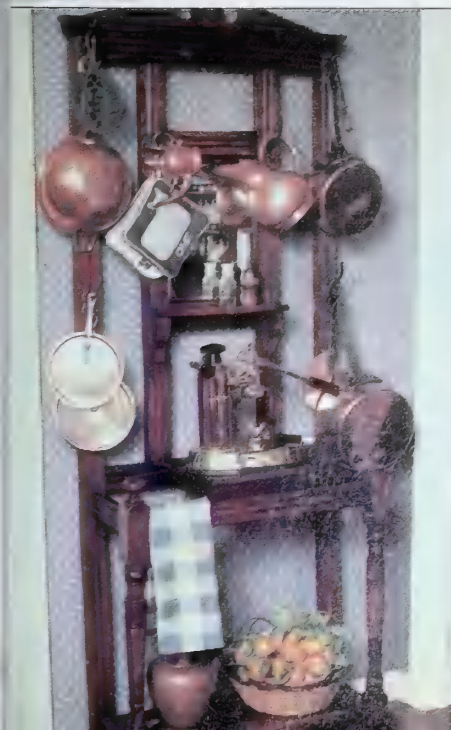
*Above:* What do you do if your cupboard is chockful, not bare, and there's simply no room for your very best china? Don't stack it in precarious places or pack it away in a big cardboard box—instead, use it as a decorative device. Here, a 19th century porcelain stove proudly shows off the dishes, holds a full set for eight—the point being that practical solutions are often found in unexpected places. Other "show" places: dry sinks, open armoires, antique record-player stands.

Elyse Lewin Designer: Darlene Bricker





## Shift It



*Left:* The gleam of copper, the polish of brass, the earthiness of baskets—all too pretty to tuck away in kitchen cabinets. You can hang them from a traditional pot rack, but for a more imaginative answer, look elsewhere. This antique mahogany stand, originally a front-hall piece for coats and umbrellas, keeps things conveniently on hand. Other “hangers-on”: hat tree, high-tech grid.

*Right:* Found space. Look around your house for new hiding places for odds and ends (freeing up your precious closet space!). An ordinary table becomes an elegant makeup center when topped with glass and skirted with a quilted fabric. Other “hideaways”: window seats, bathroom vanities, underbed boxes.

## Skirt It





# The five hardest items to store and how to do it

There are certain objects that pose problems when it comes to putting them away. Where, oh where, does a bicycle hide? (Hanging on hooks from the rafters, silly.) Here are five common stumblers—and solutions.

**1** Spare pillows, blankets. When a horde of second cousins descends or the temperature dips, you're ready to cope. Keep cumbersome supplies out of your already crammed linen closet, but still available. Perfect for this—an antique trunk (used as a coffee or side table). Or build a bed with hollow headboard and platform.

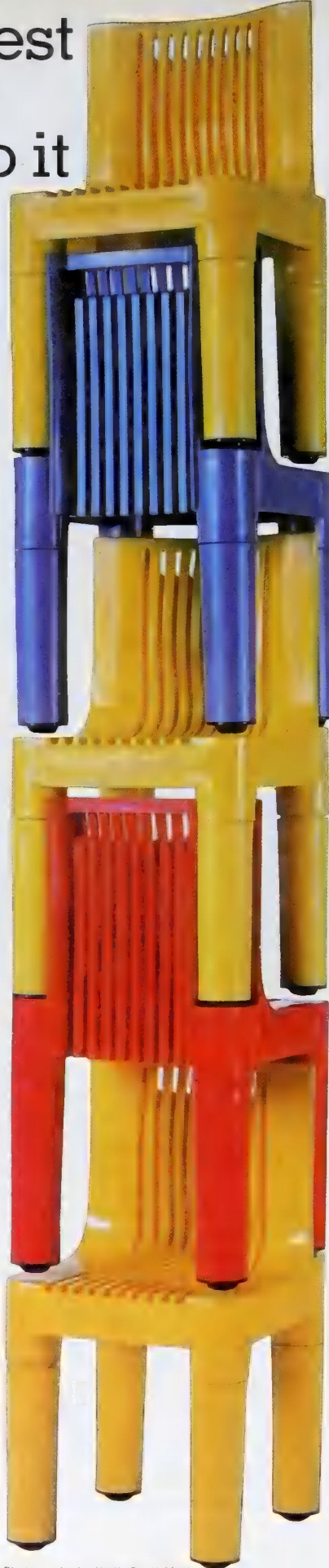
**2** Beach gear (games, totes, beach towels, etc.). Look into furniture that stores: Ottomans that open, storage barrels with padded tops for extra seating (see previous page).



Designer: Kevin Watz

## Stow It

*Above:* If your bedroom is a hodgepodge of flea-market finds, any old chest of drawers will do. But where do you store your stuff if contemporary is what you crave? A sleek, low-budget solution is to build plywood housing around standard shelving units from the hardware store. Sliding baskets make tidy and highly visible holders for socks, sweaters, whatever. Finish off with high-gloss paint. Other streamliners: multi-platforms, hollow cubes.



Photographs by Keith Scott Morton

**3** Large bowls, lobster/corn steamer, party coffeemaker. Since in many houses the kitchen leads to the garage, consider storing little-used cookery on garage shelves closest to the kitchen door.

**4** Beauty paraphernalia. Eleven shades of nail polish, twelve lip-stick tubes, a supply of soaps, shampoos, etc. Because most of these groomers are small (and slippery), deep holders will work better than flat surfaces. Mount a pegboard or one of the newer grids on your bathroom wall and hang little wicker baskets. Or suspend a triple-tiered wire basket (usually used for fruits and vegetables).

**5** Sports equipment. Turn an empty tryway into more than empty space. Move in a storage bench for all your gear. One family lined up hardware-store mailboxes with each member's name—as catchalls for running shoes, hats, scarves, mittens.

## Stash It

*Right:* City apartments are often shortchanged when it comes to number of closets. With no expansion alternative such as a house offers (attic or basement), you have to be clever and develop within. Creating a false wall not only hides a bad view and security gate but also results in a sudden luxury of storage space. Bamboo shades, suspended from the ceiling, cover up inexpensive dresser units, handbags, shoes, even bulky luggage. An easy-to-install plywood frame adds a finishing touch.

## Stack It

*Left:* Basic geometry. A skyscraper of five small chairs takes up less space than if they were floor-bound. Same goes for nesting tables. By Beylerian.

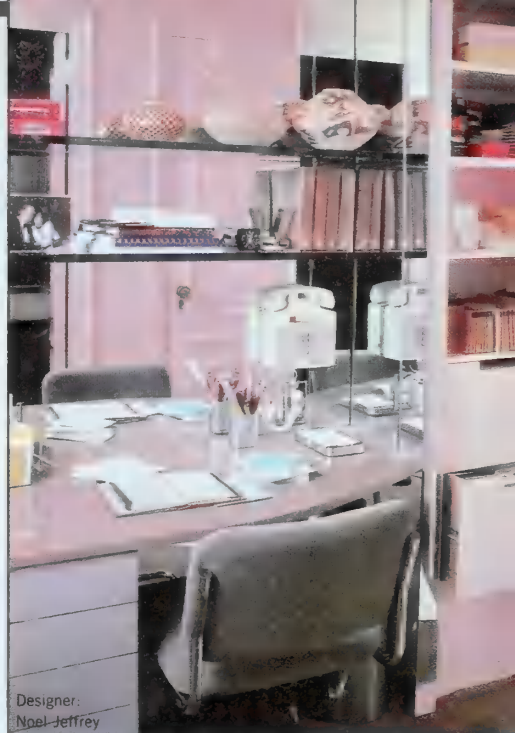
Designer: Noel Jeffre





*Left:* An Oriental maxim for many centuries has been: If you don't want to see it, screen it. Since no one likes looking at the unglamorous duo of washer and dryer, this behind-the-screen technique makes a terrific substitute for a separate utility room. The folding panels are oak doors with bamboo from window shades. Wood is lacquered and heavy-duty casters are added for mobility. Other cover-ups: floor-to-ceiling shutters, shirred fabric on rods.

*Right:* Keeping the records straight. Everyone can benefit from an office at home these days, what with the endless paperwork of paying bills, figuring out tax receipts, even helping the kids with homework. You can turn any small hallway into a well-organized work area by building a slab-topped desk nook with two overhead shelves. Nestle it next to a few file cabinets and extra shelving for supplies. Mirroring the wall gives an illusion of more space.



Designer:  
Noel-Jeffrey

een It

Shelve It





# Good News for Women

---

## Now It's Terrific to Be Over 40

**B**etty Swenson is a thoroughly modern woman. She wears jeans and a T-shirt, and sports a becoming, short-cropped, "wash and wear" hairstyle. She takes long bicycle rides, jogs two miles a day and, when she catches her breath, studies computer programming. Despite her casual style and budding ambitions, however, Betty is no fresh-faced co-ed. She's a 50-year-old grandmother of four, and she believes that middle age has a vitality all its

own. "I have a feeling of being whole," she says. "I like myself better now."

Middle age is no longer automatically synonymous with "over the hill." Instead of bemoaning the "empty nest" and mourning the passage of youth, an increasing number of women like Betty Swenson are discovering that middle age—now often referred to with the more positive

term "mid-life"—can actually be a period of renewal and enhanced self-esteem. That's not to say that the renowned mid-life crisis has disappeared, but there's the growing sense that a person has something more to look forward to than Granny's rocker.

"While middle age still presents some enormous problems, it no longer

Remember when middle-age misery was inevitable? No longer! Today's over-40 woman is likely to be happier and more self-assured than she's ever been before.

---

By Nancy J. White

### 28 and Frantic





seems like the end," says sociologist and psychologist Lillian Rubin, author of *Women of a Certain Age*, an in-depth study of the lives of 160 mid-life women. "Instead, it has the possibility of new beginnings."

A recent study supports this optimistic view. Psychologists Grace Baruch and Rosalind Barnett of Wellesley College surveyed an economic and marital cross-section of more than

200 women aged 35 to 55 for their forthcoming book *Life Prints: New Patterns for Today's Women*. While the women interviewed did speak of many problems in their lives, more than half of them reported a greater feeling of self-worth than they had experienced at a younger age. In all, only 12 percent called

themselves dissatisfied, while 88 percent felt satisfied with their lives. "On the whole, middle-aged women are doing really well," says Dr. Barnett. "We kept  
(continued on page 130)

## 48 and Fantastic

## 38 and Frazzled







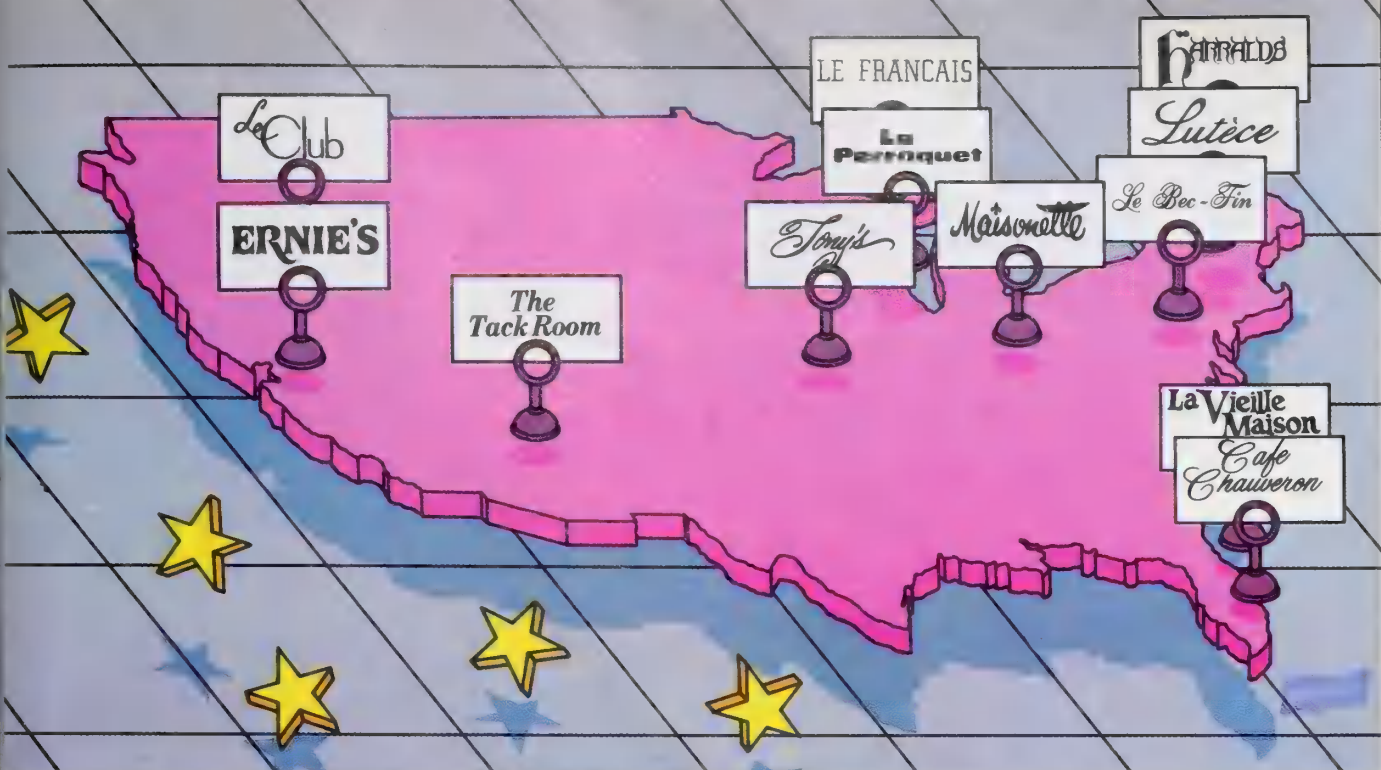
## First Course

Top left: Strips of bacon on a wedge of rich Onion Tart from Lutèce. Top right: The Tack Room's Gazpacho, chilled, spicy tomato soup, afloat with croutons, black olives. Center: Vegetable Pâté, a slice of chicken mousse and vegetables in a pool of tomato sauce from Le Français. Below: Fragile little ovals of creamy Asparagus Flan from Le Perroquet.

Recipes begin page 98.

Irwin Horowitz





# Five-Star Food

A look at America's top twelve restaurants, as rated by Mobil Travel Guide, plus great recipes from each to make at home.

By Sue B. Huffman, Food Editor

Undercover agents. Thick dossiers. Clandestine visits. Similar to any espionage thriller, the method of staking out and rating the best restaurants in America is a time-consuming and nerve-tingling process. Now in its twenty-fifth year, the Mobil Travel Guide publishes its careful evaluation of over 22,000 places to stay and/or dine in seven regional editions. In the 1982 Guide, only twelve restaurants were assigned the coveted five stars, which indicates the highest standard of excellence, "one of the best in the country." The rating system starts at one star, noting a "good, better than average" stop, and gets tougher as it goes up. Each five-star establishment is checked out at least twice annually by one of Mobil's 115 field representatives. The main months for inspections are April through late summer, corresponding to the public's peak travel times. Most visits are incognito, but occasion-



Master chef and proprietor Andre Soltner of Lutèce, New York, displays his delicate creation: classic Strawberry Tart.

ally the investigators identify themselves and ask to check out the kitchen. Unlike France's famous Guide Michelin, the Mobil Guide has never caused a chef to commit suicide over the loss of a star. However, emotions still run very high. The Mobil Guide's rating committee weighs the field reps' findings as well as reviews from regional food critics plus the many thousands of letters that pour in from the dining public. All in all, about five percent of the listings are dropped each year and about five percent added. According to Arnold J. Fury, director of the Guide, "There's a painful post-mortem if a place slips. Before we make a decision to remove a star, we practically produce a book on it," he added. Does this slow process tempt the Guide to try to warn a falling star? "No," Mr. Fury replied, "we try to keep it as purist as possible. But afterwards, if a restaurant asks what (continued)





## Entrées

Top: A favorite dish from Le Club, Roast Duck with Orange and Cointreau, crispy duckling, thick citrus sauce.

Center: Le Perroquet's Poached Stuffed Rack of Lamb. Meat is boned, rolled with spinach, napped with tarragon sauce.

Below: Subtle but sensational Chicken with Pear-Endive Cream Sauce from Ernie's.

Recipes begin page 98.



Five-star cooking is a celebration of the senses. The freshest, finest ingredients should be prepared with artistry, presented with flair.



Above: At the *Maisonette* in Cincinnati, the Comisar brothers, Michael J., left, and Lee, right, with Lee's daughter, Vallie, present their specialty: Tournedos Aux Aromates, a fillet of beef with creamy tomato sauce.

Right: Vincent Bommarito, flamboyant owner of Tony's in St. Louis, tosses lightly dressed Pasta with Seafood at tableside.

Below: Like a proud father, Leonce Picot, from *La Vieille Maison* in Boca Raton, shows off a flavorful Lobster Bisque and the makings of a house favorite, jumbo shrimp, heady with Pernod, tomato, green peppers.

went wrong, we tell them our opinion and pray that they take it in the right spirit. Sometimes it's something that the owner is unaware of . . . but the public suffers. For instance, in one restaurant, a maitre d' was selling poolside tables to the highest bidders."

### On becoming Five-Star

What can push one of the 183 four-star restaurants into the higher category? Or keep a five-star securely up there? The rating system is amazingly well planned, set up according to a checklist of a hundred items. The total dining experience has to be consistently beyond reproach—balancing superb cuisine with ambience and service. For a five-star rating, the food must be cooked to order,

rating within two years. *Ernie's*, San Francisco. The record holder: Five stars for twenty consecutive years. Once an old-time dance hall, it was transformed into lush Victoriana. *Harralds*, Stormville, N.Y. Cozy Tudor house with dark beams, roaring fires and nearby, its own trout pond. *La Vieille Maison*, Boca Raton, Fla. The informality of courtyards and colorful tiles coupled with fine French china, Baccarat glasses for its superb wines. *Le Bec-Fin*, Philadelphia. Elegant and intimate restored townhouse, with only nine tables, two dinner seatings. *Le Club*, San Francisco. On famed Nob Hill, a fashionable gem with two small dining rooms separated by a stately mahogany bar. *Le Francais*, Wheeling, Ill. Charming



showing the artistry of the chef—with no frozen food allowed. An extensive wine list is a must. Staff has to have a professional attitude, be courteous and unobtrusive. Although the Guide seems to prefer a Continental look—fine antiques, fancy china and silver—handsome informality is accepted for country inns and such. Acoustics are tested; lighting and table placement (for space and privacy) duly checked. Prices are not judged per se except to note if they fall within the general criterion of "value received for money spent."

### America's top twelve


*Café Chauveron*, Miami. Originally a five-star restaurant in New York City, it reopened with its old-world elegance overlooking a Florida bay . . . and regained its

and serene with the gracious air of a French country inn. *Le Perroquet*, Chicago. A tiny elevator delivers guests to a third floor dining room of this grand townhouse. *Lutèce*, New York. In the heart of Manhattan, a choice of dining in a glorious summer garden or formal chateau-style room. *Maisonette*, Cincinnati. The bar room has the warm, woody tones of an English club while the dining room is a dazzle of fresh flowers. *The Tack Room*, Tucson. Part of Rancho del Rio, a congenial resort and tennis club overlooking the Santa Catalina mountains. Known for the gesture of a take-home red rose. *Tony's*, St. Louis. No reservations accepted—guests gather in a cocktail lounge, then off to the dining rooms classically decorated with Italian accents.



# The Amazing

One of the newest medical breakthroughs is as old as man himself. Yet only now are scientists beginning to



A patient lies on an operating room table surrounded by respiratory equipment and monitoring devices, while doctors in sterile green scrub suits and white masks work over him.

In another hospital room—this one quiet, dark and without elaborate equipment—a nurse sits quietly by the bedside and gently strokes the sick patient's arm.

At first, one of these scenes would seem to be taken from the present and the other from the past. In truth, they are both a vital part of medicine today, for although advanced technology is extremely important,

an increasing number of hospitals and medical schools around the country now believe "touch therapy" is an essential tool for healing as well.

Today, scientists are finding that the need to be touched may be a biological necessity, and that the mere act of touching can promote physical and emotional well-being. Science is now able to document the beneficial effects of touching on the body's internal machinery. For instance:

- Doctors at the University of Pennsylvania School of Medicine and the University of Maryland Medical School have discovered



# Power of Touch

understand the extraordinary ability of touch to help us heal our physical and emotional pain. By Sherry Suib Cohen.



that heart rates change when people are touched, and holding the hands of people who are in deep comas or even paralyzed produces significant cardiovascular reactions.

- It's now believed that a Down's Syndrome child will walk earlier if he experiences a lot of maternal hugging, touching and stroking, according to Dr. Emanuel Chusid, the Medical Director of the Mental Retardation Institute of the Westchester County (New York) Medical Center.

- Decreased spasms and more normal muscle action can be achieved in some cerebral palsied people through a "brush-touch" sensory stimulation technique used by physi-

cians at the Harvard Medical School.

- Volunteers are used regularly to touch, stroke and hold very sick babies at the Rainbow Babies and Children's Hospital of Case Western Reserve University in Cleveland, Ohio. These infants, who have often been in incubators for long periods of time, initially tend to appear retarded and not to grow or gain much weight. But after a sustained period of touching they gain weight, become alert and thrive. (continued on page 109)





# Cat-alog of crafts

Calling all cat-lovers. Here, in many stitches (needlepoint to crewel) are ten fabby-tabby craft kits. (Sorry, folks, ol' green-eyes on the couch is not for sale.) 1. *Kiddie Kitty*. This needlepoint is a cheerful addition in any child's room. Patchwork Cat (14" square), \$19.98. 2. *Soft as a Whisker*. Trio with fluffy white tails in needle-

point. Playful Kittens (14" square), \$25.98. 3. *Hey, Sleepyhead*. Cross-stitch the famous cat by Erica Wilson. Chessie Pillow (14"x11"), \$21.98. 4. *Waifs in a Row*. Five endearing creatures come alive in a crewel kit. Kitty Litter (28"x12"), \$15.98. 5. *Fancy Feline*. Highlight any room with this purebred beauty in crewel.



6



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## Smitten with kittens? Purr-fect projects to make . . . all are nifty kits to send for.

Elegant Siamese (16" square), \$12.98. 6. *Cat Naps*. Enchanting child's quilt is a snap to sew. Fat Cat Quilt by Pat Berrini includes front, back, batting (approx. 34"x45"), \$27.98. 7. *Top Cat*. Soft-sculpture (silk-screened on satin) to stitch up for someone special. Satin Cat (13"x19"), \$12.98. 8. *Purr-fect Paws*. Sew a calico kitty to

brighten a child's bed. Kitty Nap (12"x18"), \$9.98. 9. *Cool Cat*. For a perfect gift, cut and sew a dapper tomcat. Max the Cat by Patchmakers (15"x18"), \$8.98. 10. *Tick-Tock Tabby*. A real timepiece you can needle-point. Fat Cat Clock from Pat Berrini (9"x10"), \$29.98. For information on ordering, see coupon on page 124.





## Le Bec-Fin

### POMMES PAILLASSON (Peasant-Style Potatoes)

- 1½ pounds baking potatoes (about 3 large)
- 2 to 3 tablespoons butter, divided
- 1 tablespoon salad oil
- ½ teaspoon salt
- Dash pepper
- Chopped parsley or watercress, for garnish

Scrub and peel potatoes; dry with paper towels. Slice potatoes about ⅛ inch thick, then stack slices and cut into julienne strips. In nonstick skillet melt 1 tablespoon butter with oil. Add potatoes, salt and pepper; press down with spatula to form a flat cake.

Cut 1 tablespoon of remaining butter into small pieces and place around edge of potatoes to prevent sticking. Cook over medium heat about 10 minutes, shaking pan occasionally until potatoes are crusty and brown on bottom. Cover skillet with baking sheet and quickly flip potatoes onto sheet. Then quickly slide potatoes back into skillet. Cook about 5 minutes longer, adding more butter if needed, until potatoes are browned. Cut into wedges and serve immediately. Garnish with chopped parsley or watercress. Makes 4 servings, about 185 calories each.

## Cafe Chauveron

### SOUFFLÉ AU CHOCOLAT (Chocolate Soufflé)

- Butter and sugar for coating soufflé dish
- 1 cup milk
- ¼ pound sweet baking chocolate
- 3 tablespoons flour
- 2½ tablespoons sugar
- Dash salt
- 6 eggs, separated
- 1 teaspoon butter
- ½ teaspoon vanilla extract
- Sauce Vanilla à l'Anglaise (recipe follows)

Preheat oven to 350° F. Butter bottom and sides of 1½-quart soufflé dish. Sprinkle with sugar and set aside.

In heavy 3-quart saucepan combine milk and chocolate. Heat, stirring over low heat, until chocolate is melted. Remove from heat; set aside. In medium bowl combine flour, sugar and salt; mix well with wire whisk. Add egg yolks and beat with whisk until mixture is very smooth. Slowly stir in melted chocolate. Transfer mixture to saucepan and cook over low heat, stirring constantly, until sauce is smooth and thickened, about 8 minutes. Do not boil. Mixture should have pudding consistency. Stir in butter and vanilla. Heat to room temperature.

In large mixer bowl beat egg whites on high speed just until they hold a soft peak. Do not overbeat. Add half the whites to the chocolate mixture; fold in gently and thoroughly. Fold in remaining whites (it's not necessary to be as thorough with second addition). Pour into prepared soufflé dish. Bake 40 to 45 minutes, or until puffed and center is firm to the touch. Serve immediately with chilled Sauce Vanilla à l'Anglaise. Makes 6 servings, about 325 calories each without sauce.

### SAUCE VANILLA À L'ANGLAISE (Vanilla Custard)

- ½ cup sugar
- 6 egg yolks
- 2 cups milk, scalded
- 1 teaspoon vanilla extract

Mix sugar and egg yolks in top of double boiler. Gradually pour in hot milk and stir constantly over simmering water until mixture coats a spoon. Stir in vanilla. Serve chilled over hot Soufflé au Chocolat. Makes 2 cups, about 30 calories per tablespoon.

## Le Club

### ROAST DUCK WITH ORANGE AND COINTREAU pictured on page 92

#### Duck

- 2 ducklings (3 to 4 lbs. each), thawed if frozen
- 2 celery ribs, cut in 2-inch lengths
- 1 small onion, quartered
- 2 carrots, cut in 2-inch lengths
- 1 orange, quartered

#### Sauce

- 1 orange
- 1 tablespoon Cointreau
- 1 tablespoon cornstarch
- ½ teaspoon salt
- Dash pepper
- ⅔ cup water, divided
- ½ cup white wine
- ½ cup dry sherry
- ½ cup sugar
- 1 tablespoon lemon juice
- 1 tablespoon red wine vinegar

**Duck:** Preheat oven to 325° F. Remove giblets and neck from cavity; discard fat. Rinse duck under cold running water; drain well. Pat dry. Prick skin with a fork. Stuff cavity with celery, onion, carrots and orange quarters. Insert meat thermometer into thickest part of meat of one duck between breast and thigh, being careful not to touch bone. Place ducks on rack in open roasting pan and roast 1 hour, 45 minutes, pricking duck skin occasionally. With bulb baster or large spoon, remove fat from pan, reserving juices. Increase oven temperature to 375° F.; roast 30 to 45 minutes more.

**Sauce:** Meanwhile, with vegetable peeler remove peel from half the orange. Cut peel into thin slivers. Squeeze juice; set aside. Combine cointreau, cornstarch, salt and pepper. Set aside.

Ducks are done when thermometer

reaches 185° F. and leg feels soft when pressed. Remove ducks to platter. Discard stuffing; keep ducks warm while finishing sauce.

Skim fat from juices in pan. Place roasting pan over medium heat. Add ½ cup water, wine and sherry. Bring to a boil, scraping pan. Cook until reduced to ¾ cup. In small saucepan over low heat cook sugar without stirring until melted and a light caramel color; stir in remaining ⅓ cup water, orange juice, lemon juice and vinegar. (Sugar will harden but continue stirring until completely dissolved.) Add orange peel, reduced pan juices and cornstarch mixture. Cook and stir until mixture boils; boil 1 minute. Carve ducks into quarters and serve with sauce. Makes 4 servings, about 811 calories each with ⅓ cup sauce.

## Ernie's

### POULET À LA CRÈME DE POIRE ET AUX ENDIVES (Chicken with Pear-Endive Cream Sauce pictured on page 92)

- 2 whole chicken breasts
- 1 carrot, scrubbed and cut up
- 1 celery rib
- 3½ cups chicken broth
- 2 cups heavy or whipping cream
- 2 ripe pears
- Salt
- White pepper
- 1 whole Belgian endive, cut into ¼-inch crosswise slices
- Watercress and pear, for garnish

Cut chicken breasts in half. Remove and reserve bones and skin. Wrap chicken breasts and refrigerate.

In saucepan combine reserved chicken bones and skin, carrot, celery and chicken broth. Bring to a boil, cook uncovered until broth is reduced to 1½ cups, about 1 hour. Strain. Measure out 1 cup broth; cover and refrigerate.

In 2-quart saucepan bring cream to a boil; reduce heat to low and simmer until reduced to 1 cup.

Peel and core pears. Reserve peel and set aside. In saucepan combine pears and remaining ½ cup chicken broth. Cook over medium heat until pears are tender, 8 to 10 minutes. Cool slightly, then purée in food processor or blender with broth. Add to reduced cream with ½ teaspoon salt, generous dash pepper and endive; set aside while steaming chicken.

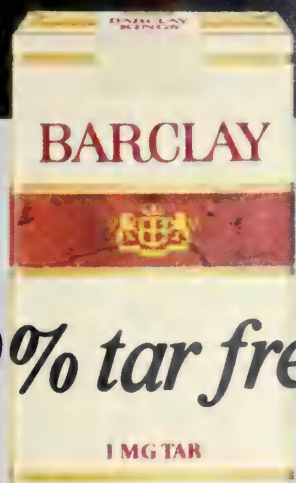
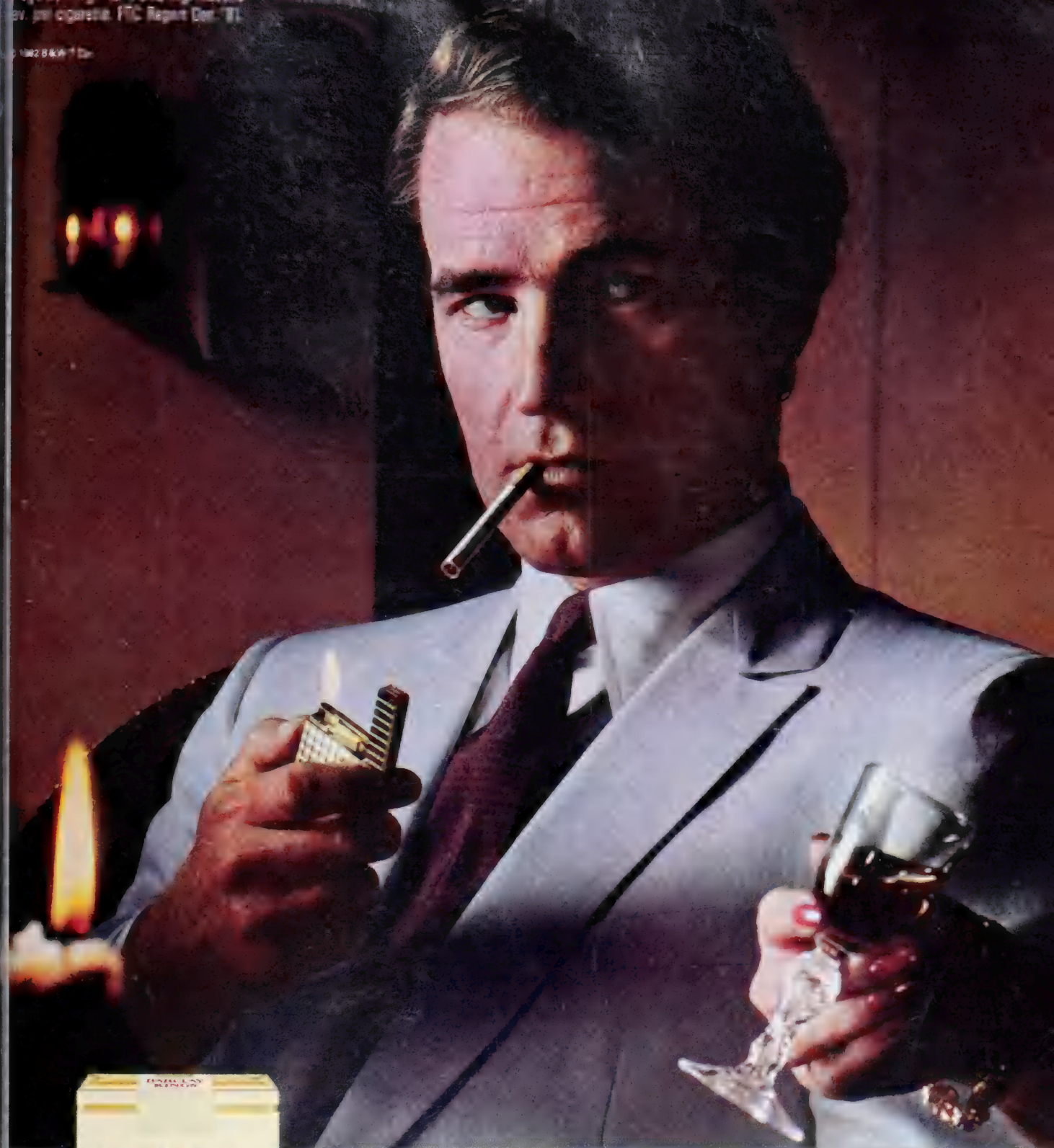
In 10-inch skillet with cover, combine reserved 1 cup chicken broth and pear peels; bring to a boil. Season chicken breasts with salt and white pepper. Place on steamer rack over chicken broth. Cover and steam about 20 minutes, or until fork-tender. Heat sauce with endive and serve over chicken. Garnish with watercress and sliced pear. Makes 4 servings, about 725 calories each.

(continued)



ev. per cigarette. FTC Report Dec. '91.

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## Le Francais

### VEGETABLE PÂTÉ WITH CHICKEN MOUSSE

pictured on page 90

#### Mousse

- ¾ pound boneless chicken breast (about 1½ cups cubed)
- ½ teaspoon summer savory
- ½ teaspoon tarragon
- 2 tablespoons parsley
- 2¼ to 2½ cups heavy or whipping cream
- 1 teaspoon salt
- ½ teaspoon pepper
- 1 tablespoon chicken glaze (optional)

#### Vegetables

- 4 asparagus spears
- 1 to 2 carrots, halved lengthwise
- 8 small mushrooms
- ½ cup frozen peas, thawed

#### Sauce

- 1 tablespoon chopped shallots
- ¼ cup wine vinegar
- ½ teaspoon tarragon
- 1 tablespoon tomato paste
- ½ cup water
- 2½ cup peeled, seeded and diced fresh tomato (about 1 large tomato)
- 1 cup oil (½ salad and ½ olive)
- 2 cups tomato juice
- ½ teaspoon salt
- ¼ teaspoon pepper

*Mousse:* Texture is very important in this dish. The secret of getting it right is to trim the chicken carefully, and to start with very cold ingredients and equipment. Before cutting chicken into cubes, remove all traces of fat and pull and scrape out the white tendons that run down the underside of each breast. Cube chicken and place in bowl of food processor fitted with steel blade; refrigerate about ½ hour.

Remove bowl from refrigerator and place on base of processor. Add summer savory, tarragon and parsley. Purée until smooth. With machine running, add cold cream in a slow, constant stream. Check the texture after adding 2 cups, and add remaining cream very slowly, only until achieving a texture like whipped cream. The mixture should not be runny. Add salt, pepper and melted glaze, if desired, at the end; set aside.

*Vegetables:* Use any vegetables that are in season. Have an eye for colors, which should contrast. Blanch fresh asparagus 2 to 3 minutes; carrots 15 minutes; mushrooms 1 minute. Drain, dry and let cool.

*To assemble:* Oil an 8½x4½x2½-inch loaf pan or dish. Cover the bottom with a layer of mousse, about 1½ cups. Arrange a layer of vegetables on top, alternating them with respect to color and texture. Push the vegetables gently into the mousse. Cover with more mousse, then another layer of vegetables. Cover again with remaining mousse. Cover with oiled foil.

Preheat oven to 325° F. Place mold

in a 9x9x2-inch pan. Add enough water to the large pan to come ½ of the way up the mold. Bake 1 hour. Cool and refrigerate at least overnight before serving. Serve in slices, surrounded by sauce. Makes 12 servings, about 365 calories each with sauce.

*Sauce:* Place first five ingredients in saucepan and reduce over high heat to about ½ cup. Cool slightly and place in food processor fitted with steel blade. Add diced tomato and purée until smooth. Add oil and process 20 seconds. Add tomato juice and process 20 seconds. Season with salt and pepper. Makes about 4 cups.

## Harralds

### FROZEN ORANGE SOUFFLÉ GRAND MARNIER

- 1 teaspoon grated orange peel
- ⅓ cup Grand Marnier
- ½ cup sugar
- 6 egg yolks, beaten
- 3 cups heavy or whipping cream, divided
- Orange shells (optional)\*
- Mint leaves, for garnish

Combine first 4 ingredients in top of double boiler. Cook over simmering water, stirring constantly with wire whisk, until thickened. Pour into large bowl and cool, about 20 minutes.

Beat 2 cups heavy cream until soft peaks form; fold into orange mixture. Spoon into orange shells or individual serving dishes and freeze until firm. To serve, remove from freezer; let stand at room temperature 10 minutes. Garnish with remaining cream, whipped, and mint leaves. Makes 8 servings, about 430 calories each.

\*Cut 4 large oranges in half. Remove fruit, leaving rind intact. Refrigerate until ready to fill.

## Lutèce

### TARTE À L'OIGNON (Onion Tart)

pictured on page 90

#### Crust

- 1 cup all-purpose flour
- ½ teaspoon salt
- ¼ cup butter
- ¼ cup ice water

#### Filling

- ⅓ cup lard or salad oil
- 2 medium onions, thinly sliced
- ¼ pound sliced bacon, cut into 1-inch pieces
- ¼ cup butter
- ½ cup all-purpose flour
- 2 cups milk
- ½ teaspoon salt
- ¼ teaspoon pepper
- Pinch nutmeg
- 2 egg yolks, beaten

*Crust:* In medium bowl combine flour and salt. With pastry blender or two knives used scissor-fashion, cut in butter until mixture resembles coarse crumbs. Sprinkle in ice water, 1 tablespoon at a time, tossing with fork after each addition until pastry is just moist

enough to hold together. Form dough into a ball; flatten slightly.

Preheat oven to 400° F. On lightly floured surface roll pastry into a 12-inch circle and fit into 10-inch tart pan; trim. Prick bottom and side thoroughly with fork. To prevent crust from shrinking, line with foil filled with dried beans or uncooked rice. Bake 7 minutes; remove foil and beans. Prick shell again and bake 8 minutes more.

*Filling:* Meanwhile, in medium skillet heat lard or salad oil and cook onions over medium-low heat about 30 minutes or until onions are browned and liquid has evaporated. In separate skillet cook bacon until curled but not crisp. Drain on paper towels.

In medium saucepan melt butter and stir in flour. With whisk beat in milk, salt, pepper and nutmeg. Cook over medium heat, stirring constantly, until mixture comes to a boil. Remove from heat; beat in egg yolks. Stir in cooked onion. Pour onion mixture into prepared tart shell. Top with bacon. Bake 25 to 30 minutes or until set. Serve hot. Makes 8 servings, about 425 calories each.

### TARTE AUX FRAISES

(Strawberry Tart)

pictured on page 91

#### Crust

- 1 cup all-purpose flour
- 1 teaspoon sugar
- ½ teaspoon salt
- 6 tablespoons very cold unsalted butter, cut into small pieces
- About 3 tablespoons very cold water

#### Bavarois Cream

- 4 egg yolks
- ½ cup sugar, divided
- 1 cup milk
- ½ teaspoon unflavored gelatin
- 1 tablespoon grated lemon peel
- 2 tablespoons lemon juice
- ½ cup heavy cream, whipped
- 1 pint strawberries, sliced
- Melted apple jelly

*Crust:* In medium bowl combine flour, sugar and salt. With pastry blender or two knives used scissor-fashion, cut in butter until mixture resembles fine crumbs. Sprinkle in cold water, 1 tablespoon at a time, tossing with fork after each addition until pastry is just moist enough to hold together. Form dough into a ball. Wrap in plastic wrap; refrigerate 1 hour.

Preheat oven to 400° F. On lightly floured surface roll pastry into a 12-inch round. Place a 10-inch flan ring about 1 inch high on a cookie sheet. Fold pastry in half; transfer to flan ring. Ease pastry down inside ring, taking care not to break it. Press along the sides and bottom. With a knife trim dough, following contour of edge. Prick bottom and sides. Line dough with foil and fill with dried beans or uncooked rice. Bake 20 minutes. Remove foil and beans. Prick shell again and bake 10 minutes more



**rack.**  
**Bavarois Cream:** In large mixer bowl with mixer at high speed beat egg yolks and  $\frac{1}{4}$  cup sugar until thick and lemon-colored. In medium saucepan combine milk, remaining  $\frac{1}{4}$  cup sugar and gelatin. Heat and stir until mixture comes to a boil. With mixer running on low speed, gradually add hot milk to eggs. Scrape sides and bottom of bowl. Transfer mixture to saucepan. Heat and stir over medium heat until hot but not boiling. Strain and chill, stirring occasionally, until thickened, about 1 hour. Stir in lemon peel and juice, then fold in whipped cream. Pour into cooled pastry shell. Chill 15 minutes.

Arrange strawberries in overlapping pattern over filling. Glaze with melted jelly. Cover and refrigerate at least 4 hours. Makes 8 to 10 servings, about 305 calories per 8, about 240 calories per 10.

## Maisonette

### TOURNEDOS AUX AROMATES (Beef Tenderloin with Fines Herbes) pictured on page 93

- 4 (8 oz. each) beef tenderloin steaks
- 2 tablespoons clarified butter
- Salt and pepper
- $\frac{1}{4}$  cup peeled, seeded and diced fresh tomato (about 1 small tomato)
- 2 teaspoons chopped chives or green onions
- 2 teaspoons chopped parsley
- 2 teaspoons chopped fresh tarragon or 1 pinch dried
- 1 teaspoon finely chopped shallot
- 1 cup heavy or whipping cream
- Assorted cooked vegetables, for garnish
- Parsley, for garnish

In large skillet over high heat sauté steaks in clarified butter until desired doneness, about 3 minutes per side for medium-rare. Remove meat from skillet and sprinkle with salt and pepper; keep warm. Wipe out skillet. Add remaining ingredients except garnishes and cook over high heat until sauce is thick enough to coat a spoon, stirring occasionally, about 1 to 2 minutes. Pour sauce over tournedos. Surround with cooked vegetables and garnish with parsley. Makes 4 servings, about 595 calories each.

## Le Perroquet

### ASPARAGUS FLAN pictured on page 90

- Butter (about 1 tablespoon)
- $2\frac{1}{2}$  pounds fresh asparagus, peeled and washed
- 1 cup heavy or whipping cream
- 4 eggs, lightly beaten
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{2}$  teaspoon white pepper
- Pinch of nutmeg

Butter eight 4-ounce ramekins or custard cups and set aside. Cut white

tips from asparagus and discard. Chop spears into small pieces, reserving tips for garnish. Purée spears in food processor with 1 or 2 tablespoons water. In medium skillet cook asparagus over medium-high heat until excess moisture has evaporated. Stir occasionally. Set aside to cool.

Preheat oven to 325° F. In processor combine cream, eggs, asparagus purée, salt, pepper and nutmeg. Process until smooth or force through a food mill. Fill molds with custard. Place molds in 13x9-inch baking pan filled with hot water. Bake 40 to 45 minutes or until knife tip inserted in center comes out clean.

Meanwhile, blanch reserved tips in boiling salted water until tender. Plunge into cold water to stop cooking.

To serve, sauté asparagus tips in butter until heated through. Loosen edge of molds with a knife and invert onto individual heated plates. Garnish with asparagus tips. Makes 8 servings, about 165 calories each.

### POACHED STUFFED RACK OF LAMB pictured on page 92

- 2 pounds fresh spinach, stems removed and leaves well washed
- Salt
- White pepper
- Pinch of nutmeg (freshly grated if possible)
- 6 tablespoons unsalted butter, divided
- 2 garlic cloves, crushed

- 1 lamb rib roast (about 2 lbs.), boned and trimmed completely of fat
- 2 cups chicken broth
- 1 to 2 tablespoons Dijon mustard
- $1\frac{1}{2}$  teaspoons chopped fresh tarragon or  $\frac{1}{2}$  teaspoon dried
- 1 teaspoon chopped fresh mint or  $\frac{1}{4}$  teaspoon dried

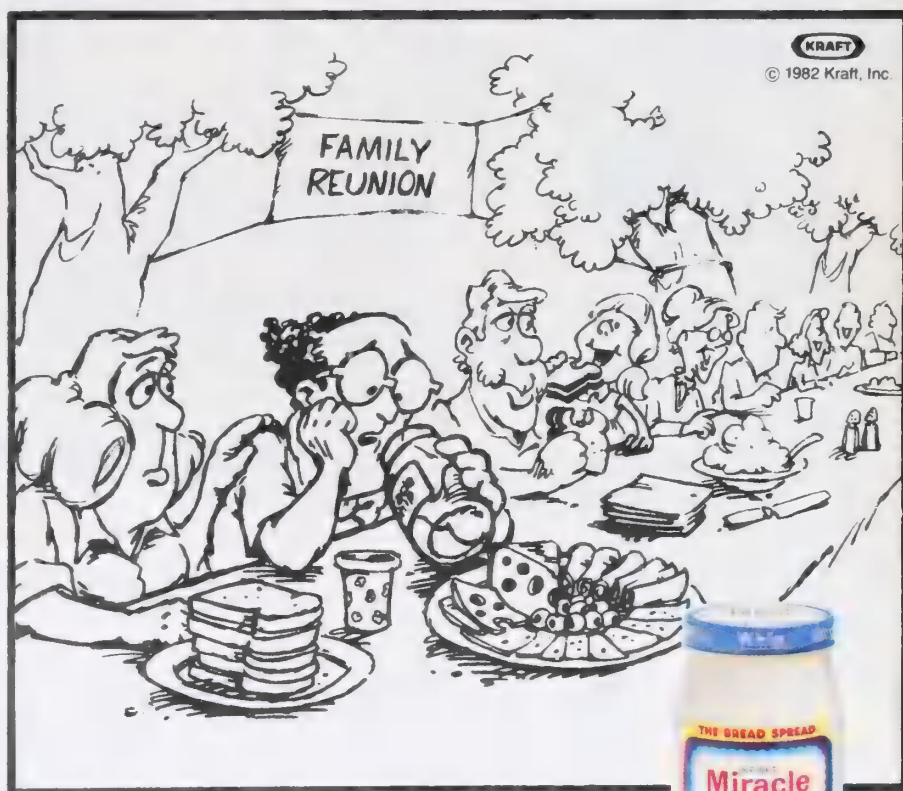
Place spinach leaves in large skillet; cover and cook over low heat until wilted. Drain and rinse under cold water to stop cooking. Squeeze dry. Season with  $\frac{1}{4}$  teaspoon salt,  $\frac{1}{8}$  teaspoon pepper and nutmeg.

Melt 4 tablespoons butter; add garlic and set aside. This is a garlic infusion and should be strained just before using so that what is brushed onto meat is a garlic-flavored butter.

Slit lamb lengthwise deeply (but not cut in half), open (butterfly) and flatten with a mallet. Generously brush garlic butter onto cut surface of lamb and season with salt and pepper. Evenly center spinach on meat lengthwise. Roll up from long side forming "roulade." Tie with string.

Preheat oven to 200° F. In 10-inch skillet bring chicken broth to a boil; add meat. Return to a simmer; cover and cook 5 to 10 minutes until roulade is pink, turning once. Remove with slotted spoon and keep warm in oven while preparing sauce.

Over high heat reduce cooking liquid by half. Whisk in mustard, tarragon and mint. Just (continued)



Next year let's start passing  
from our end.

"THE BREAD SPREAD"



before serving, whisk in 2 tablespoons butter.

To serve, spoon sauce onto warmed dinner plates; top with sliced meat. Makes 6 servings, about 300 calories each.

## The Tack Room

### CHILLED GAZPACHO SOUP pictured on page 90

- 1½ pounds fresh tomatoes, chopped or 1 can (32 oz.) Italian plum tomatoes, undrained and chopped
- ¾ cup chopped celery
- ¾ cup chopped green onions
- ¾ cup chopped, peeled and seeded cucumber
- 2 garlic cloves, crushed
- 3 tablespoons red wine vinegar
- 1 teaspoon Worcestershire sauce
- 1½ tablespoons granulated bouillon or 2 bouillon cubes
- 1½ cups beef broth
- 1 can (16 oz.) pitted ripe olives, drained and sliced
- ¾ cup dry white wine
- ¼ teaspoon bottled red pepper sauce
- Croutons, for garnish
- Chopped chives, for garnish

In large bowl combine all ingredients except garnishes. Cover and chill 24 hours to allow flavors to mellow. Divide among 6 serving bowls. Garnish with croutons and chives. Makes 6 servings, about 90 calories each.



## Tony's

### PASTA CON PESCE (Seafood Pasta) pictured on page 93

- 1 pound linguine or vermicelli
- 1 cup sliced fresh mushrooms
- 1 cup unsalted butter, divided
- 1 large fresh tomato, peeled, seeded and chopped
- 1 cup chopped cooked lobster
- 1 cup chopped cooked shrimp
- 1 cup crabmeat
- 2 tablespoons chopped parsley

Cook pasta according to package directions; drain. Meanwhile, in large skillet sauté mushrooms in 2 tablespoons butter until golden, about 3 minutes. Add tomato; cook 1 minute. Add seafood and remaining butter. Heat until butter is melted and seafood is heated through. Pour sauce over hot cooked pasta and toss. Garnish with chopped parsley. Makes 6 servings, about 660 calories each. (continued on page 136)

### TOP YOUR OWN ICE CREAM CONE pictured on page 82

Scoop your favorite flavor of ice cream into a cone. (Allow about 3 servings per pint of ice cream.) Place toppings in individual bowls, allowing about ¼ cup topping per cone. Roll ice cream in your choice of topping, or splurge and use more than one.

#### Toppings

- Chocolate sandwich cookies, chopped
- Granola
- Chopped chocolate-peanut butter cups
- Chopped caramel bars
- Candy-coated chocolate candies

### GIANT PEPPERMINT FUDGE PROFITEROLE pictured on page 83

*This giant cream puff can be filled with any flavor of ice cream, then topped off with chocolate sauce.*

#### Profiterole

- ½ cup water
- ¼ cup (½ stick) butter or margarine
- ½ cup all-purpose flour
- ½ teaspoon salt
- 2 eggs

#### 1 quart peppermint ice cream

#### Hot Fudge Sauce

- 1 cup unsweetened cocoa
- 1 cup sugar
- 1 cup heavy cream
- ½ cup (1 stick) butter or margarine
- ½ teaspoon salt
- 1 teaspoon vanilla extract

Preheat oven to 400°F. Grease and flour cookie sheet. Draw an 8-inch circle on it, using round 8-inch cake pan as a guide. Set aside.

**Profiterole:** In medium saucepan heat water and butter or margarine to boiling over medium heat. Remove from heat; stir in flour and salt all at once. Stir briskly with wooden spoon until mixture leaves sides of pan and forms a ball. Return to heat; cook 2 or 3 minutes, stirring constantly. Cool slightly. Add eggs, one at a time, beating until completely smooth after each addition. Spread batter inside circle on cookie sheet. Bake 30 to 35 minutes until browned and puffy. Turn off oven. Remove from oven and slit in several places on top and sides. Return to oven for one hour, leaving oven door ajar. Remove from oven; cool completely. With long-bladed, serrated knife, cut puff in half horizontally. Wrap well and store at room temperature up to 8 hours.

Up to one hour before serving, place puff bottom on serving platter; fill with ice cream, return to freezer until serving time. Drizzle on Hot Fudge Sauce. Cut into wedges. Serve with additional sauce. Makes 8 to 10 servings, about 590 calories per 8, 475 calories per 10 each with sauce.

**Hot Fudge Sauce:** Combine all ingredients except vanilla in heavy 2-quart saucepan. Cook over medium heat,

Remove from heat; add vanilla. (Can be made ahead to this point. Cover and refrigerate up to 1 week. To serve, reheat over low heat.) Makes 2¼ cups, about 75 calories per tablespoon.

### ICE CREAM COCONUT BASKET pictured on page 83

*Filled with colorful fruit, this idea is a year-round hit—as an Easter basket May basket or even for Thanksgiving.*

- ½ gallon vanilla ice cream, softened
- 1½ cups (4 oz.) shredded coconut
- ¾ cup semisweet chocolate chips
- 1 tablespoon butter or margarine
- 2 tablespoons water

#### Filling

- 2 bananas, cut in ½-inch slices
- 1½ cups fresh pineapple chunks
- 1 pint strawberries, halved

Line a 2-quart round-bottom bowl with plastic wrap, leaving about 6 inch overhang on all sides. Spread ice cream about ¾ inch thick on bottom and up sides. Cover with additional plastic wrap. Freeze at least 8 hours.

Preheat oven to 350°F. Place coconut on cookie sheet. Toast 10 to 15 minutes until golden brown, stirring coconut occasionally; cool completely. About ½ hour before assembling (continued)

#### Ice Cream Tips

- Keep ice cream in containers with tight-fitting lids. This is especially important in frost-free freezers, for the same process that removes moisture from the freezer compartment removes moisture from foods that are not properly covered. To avoid crystallization after package has been opened, cover surface of ice cream with plastic wrap before replacing lid.
- Ice cream is best stored at 10° to 0° F. At these temperatures it will be firm but pliable. The best dipping or slicing temperature is 5° F. Temper ice cream by allowing it to stand in refrigerator 20 minutes for ½ gallons or about 5 minutes per pint.
- By government regulation, ice cream must contain a minimum of 10% butterfat and weigh 4.5 pounds per gallon. Most brands contain between 10 and 15% butterfat.
- Ice cream is lower in calories than many other desserts. Ice cream with a 10% butterfat content has 128 calories per ½ cup; 16% butterfat content has 164 calories per ½ cup.
- To scoop, dip spoon or scoop in cold water first to prevent ice cream from sticking. Shake excess water from scoop to prevent adding ice crystals to the ice cream.
- Americans consume nearly 800 million gallons of ice cream and related products annually.



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## ICE CREAM continued

melt chocolate with butter and water over low heat, stirring until chocolate is melted. Cool to lukewarm.

Remove bowl from freezer. Pull plastic wrap to loosen ice cream from bowl. Invert onto plate that has been covered with wax paper. Peel off wrap. With a pastry brush, paint chocolate onto  $\frac{1}{4}$  of ice cream mold. Press toasted coconut onto chocolate. Repeat until outside is covered. Return to freezer. (Can be made ahead to this point. Cover with plastic wrap and freeze up to 1 week.)

**Filling:** Prepare fruits and mix together. Remove mold from freezer. Place right side up on serving plate and spoon in fruit. Serve immediately. Makes 10 to 12 servings, 430 calories per 10, 360 calories per 12.

**To make basket handle:** Take 3 stems from long-stemmed flowers such as mums or daisies, or several thin strands of grapevine or basket straw. Shape them to form a handle, tying together at 2-inch intervals with florist's wire or twists from plastic bags. Wrap cut ends of stems with foil. Arrange flowers along handle, securing with wire. Just before serving, insert ends of handle into ice cream.

### RAINBOW ANGEL PIE

A harbinger of summer—refreshing sherbet combo in a meringue pie shell

#### Shell

- 3 egg whites
- Pinch salt
- $\frac{3}{4}$  cup sugar
- 1 teaspoon vanilla extract

#### Filling

- 1 cup lime sherbet
- 1 cup raspberry sherbet
- 1 cup orange sherbet
- 1 cup pineapple or lemon sherbet

Generously grease a 9-inch pie plate set aside. Preheat oven to 225°F.

**Shell:** In large mixer bowl with mixer at high speed beat egg whites with salt until foamy. Gradually add sugar several tablespoons at a time. Add vanilla and beat 5 minutes after all sugar is added. Spread evenly over bottom and sides of pie plate. Bake 1½ hours, then turn off oven. Let cool in oven at least 1 hour or overnight.

**Filling:** When completely cool, fill shell with scoops of sherbet, alternating colors to form rainbow effect. Return to freezer until sherbet is firm. (Can be made ahead to this point. Cover and freeze up to 1 week.) Makes 8 servings, about 220 calories each.

### NOSTALGIC ICE CREAM SODA

- $\frac{1}{4}$  cup cold milk
- 2 to 3 tablespoons chocolate-flavored syrup
- 2 scoops chocolate ice cream
- $\frac{3}{4}$  cup seltzer or club soda



our milk into 12-ounce glass. Add syrup and stir. Add 1 scoop ice cream and ¼ cup soda and stir, mashing ice cream. Add remaining soda and ice cream. Makes 1 serving, about 265 calories. (For strawberry soda, use strawberry syrup and strawberry ice cream in place of chocolate.)

#### OLD-FASHIONED CHOCOLATE MALT

½ cup milk  
2 tablespoons plain instant malted milk  
2 to 3 tablespoons chocolate-flavored syrup  
¼ cup vanilla or chocolate ice cream

Combine all ingredients in blender. Blend 30 seconds on high speed. Makes 1 serving, about 510 calories.

#### BLACK COW

¼ cups cold root beer  
2 scoops vanilla ice cream

In 16-ounce glass combine ¼ cup root beer with 1 scoop ice cream. Stir. Add remaining root beer. Top with second scoop ice cream. Makes 1 serving, about 280 calories.

#### BANANA SPLIT

1 ripe banana, split lengthwise  
1 scoop vanilla ice cream  
1 scoop chocolate ice cream  
1 scoop strawberry ice cream  
to 2 tablespoons Hot Fudge Sauce (see Giant Profiterole, page 102)  
to 2 tablespoons Strawberry Sauce (see Belgian Waffles, below)  
to 2 tablespoons Caramel Nut Sauce (see page 108)  
1 cup whipped cream or marshmallow topping  
2 tablespoons chopped nuts

Arrange banana halves lengthwise in narrow, shallow dish. Top with scoops of ice cream. Spoon on toppings. Garnish with whipped cream or marshmallow and nuts. Makes 1 serving, about 810 calories.

#### BELGIAN WAFFLES

If you don't have a waffle iron or are in a rush, use frozen waffles.

#### Waffles

1 teaspoon active dry yeast  
½ cup warm water (105–115°F.)  
2 tablespoons sugar  
1 cup all-purpose flour  
1 egg, separated  
½ cup milk  
2 tablespoons butter or margarine, melted  
¼ teaspoon salt  
½ teaspoon vanilla extract

#### Dough

1 pint strawberries  
2 to 3 tablespoons sugar  
¼ quart vanilla ice cream

Waffles: In large bowl dissolve yeast in warm water. Add remaining ingredients; beat with whisk until smooth. Cover and let rise 45 minutes.

Grease and preheat waffle iron according to manufacturer's instructions. Pour in about ½ to ¾ cup batter, depending on capacity of (continued)

## Perk up your pork chops.



## Spicy Rice.

Break out of the meat and potatoes habit and serve rice tonight. Rice is delicious by itself, but when mixed with vegetables, fruits or nuts, it's even better. The things you add to rice bring out the flavor of your entrée, complement its texture, add color and excitement...the way apples enhance the flavor of pork. So serve rice. And perk up your pork chops with this simple recipe.

#### Spicy Rice

½ cup each chopped celery and onions  
1 tablespoon butter or margarine  
⅛ teaspoon each ground allspice and cinnamon  
Salt and black pepper

1 tablespoon brown sugar  
3 cups cooked rice  
½ cup raisins, plumped  
1 tart cooking apple, cored and chopped  
½ cup sliced almonds, toasted

In a large skillet cook celery and onions in butter until tender crisp. Stir in seasonings, rice and raisins. Heat thoroughly. Stir in apple; remove from heat. Cover and let stand 5 minutes. Sprinkle with almonds. Makes 6 servings.

Serve rice soon. You'll see that things go together better when you go with the grain.



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# Lights



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## ICE CREAM continued

your waffle iron. Cover and bake. (*Can be made ahead to this point. Wrap well, either individually or as a batch, and freeze up to 2 months. Heat in toaster.*) Makes 8 waffles, about 110 calories each.

**Sauce:** Wash and hull strawberries. In blender purée 1 cup berries with sugar to taste. Slice remaining berries into bowl and stir in purée. Chill until serving time. Makes  $1\frac{3}{4}$  cups, about 10 calories per tablespoon.

**To assemble:** Place waffle on plate. Top with a scoop of vanilla ice cream and strawberry sauce. Serve immediately. Makes 8 servings, about 295 calories each with  $\frac{1}{2}$  cup ice cream and 3 tablespoons sauce.

### CARAMEL NUT SAUCE

*This sauce is fabulous not only over ice cream but on brownies or toasted pound cake as well.*

- $\frac{1}{2}$  cup packed brown sugar
- $\frac{1}{2}$  cup light corn syrup
- 2 tablespoons butter or margarine
- $\frac{1}{8}$  teaspoon salt
- $\frac{3}{4}$  cup walnuts or pecans, toasted and chopped
- $\frac{1}{4}$  cup heavy cream
- 1 teaspoon vanilla extract

In medium saucepan combine sugar,

corn syrup, butter or margarine and salt. Stir over medium heat until sugar is dissolved. Remove from heat. Stir in nuts, cream and vanilla. Serve hot. Makes  $1\frac{1}{2}$  cups, about 80 calories per tablespoon.

**To reheat:** Place in small, heavy-bottomed saucepan over medium-low heat 3 to 4 minutes.

### PECAN ROLL

*This fancy but not difficult to make dessert can be made a day ahead—perfect for a dinner party.*

- $\frac{3}{4}$  cup all-purpose flour
- $\frac{1}{2}$  cup ground pecans
- 1 teaspoon double-acting baking powder
- $\frac{1}{4}$  teaspoon salt
- 3 eggs
- 1 cup sugar
- $\frac{1}{3}$  cup water
- 1 teaspoon vanilla extract
- 2 tablespoons confectioners' sugar
- 1 quart butter pecan ice cream, softened

Grease a  $15\frac{1}{2} \times 10\frac{1}{2} \times 1$ -inch jelly-roll pan. Line with wax paper; grease and flour. Preheat oven to  $375^{\circ}\text{F}$ .

Combine flour, pecans, baking powder and salt. In large mixer bowl with mixer at medium speed beat eggs with sugar until thick and lemon-colored, about 5 minutes. At low speed beat in water and vanilla. Gradually add flour mixture, beating just until smooth. Spoon batter into prepared pan; spread evenly with spatula.

Bake 20 to 25 minutes or until toothpick inserted in center comes out clean. Sprinkle confectioners' sugar onto a clean towel. Invert cake onto towel; peel away wax paper. While still hot, roll cake up with towel from long side. Place on wire rack; cool completely.

Unroll cooled cake (set aside towel). Working quickly, spread with softened ice cream. Roll up again. Trim ends of cake on the diagonal. Place on serving platter and serve immediately or cover and freeze up to 24 hours. Serve with Caramel Nut Sauce (see this page). Makes about 14 servings, about 210 calories each without sauce.

### REALLY RUMMY RAISIN ICE CREAM

*Addictive! Not bad if made with butter pecan or butterscotch ripple flavors of ice cream.*

- $\frac{1}{2}$  cup dark seedless raisins
- $\frac{1}{3}$  cup dark rum
- 1 quart vanilla or chocolate ice cream, softened

In medium bowl soak raisins in rum. Cover and allow to stand at room temperature for 24 hours. Fold raisins and rum into softened ice cream. Return to freezer until firm. (This ice cream will freeze to the consistency of frozen custard because of the alcohol content.) Makes 8  $\frac{1}{2}$ -cup servings, about 210 calories each.

**End**

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## POWER OF TOUCH

continued from page 95

● When a woman is in labor, it's been found that touch is of enormous value in making her contractions more tolerable and in reducing her need for painkillers and anesthesia. Says Dr. David S. Chapin, an obstetrician and gynecologist at Brigham and Women's Hospitals and at Massachusetts General Hospital: "The laying on of hands has always been very important in medicine, but we realize more now that the doctor's hand on his patients is an important therapeutic tool."

What exactly is involved when someone is touched? The average human body has eighteen square feet of skin, studded with about five million tiny nerve endings, or touch transmitters. On your fingertips alone there are seven hundred touch receptors for every two millimeters of skin. There are specific nerve endings for different touch sensations—pain, pleasure, heat, cold, etc.—and when you are touched, the appropriate nerve endings are activated and they relay their sensory message along the spinal cord to the brain.

Touch is certainly the first sense we use. Even before birth, the fetus is "in touch" with its mother, feeling at each moment the maternal heartbeat and

the sensation of the amniotic fluid in which it floats. What's more, Elisabeth Bing, the well-known childbirth educator and author, observes that almost all pregnant women can be seen unconsciously rubbing their stomachs: "That touch soothes them and probably soothes the fetus as well."

### The first touch

If touch is important before birth, it is crucial during and after birth. It has been assumed that mammals routinely lick their babies immediately after birth to groom or cleanse them. Not so, says anthropologist Dr. Ashley Montagu, author of *Touching: The Human Significance of the Skin* (Columbia University Press).

Animals are touched by their mothers from the hour of their birth to stimulate their respiratory and digestive systems. Without such touching they would die. Human babies, says Montagu, experience this essential touching during the mother's period of labor. The uterine contractions of birth do for the human infant what licking does for other animals.

The very process of birth is a "hugging sensation," adds Dr. James Hardison, dean of instruction at San Diego Community College. "As we make our way ever so slowly, the skin and the body receive the hugging sensations of

the womb. Uterine hugs stimulate the nerves in our skin." Being born is actually a touch massage that vitalizes the emerging infant. Some studies have shown that babies who are born prematurely or by cesarean section run a greater risk of developmental problems and require regular periods of stroking and hugging after birth, perhaps to replace the pre-birth hugs they may have missed.

"Touch becomes a great aid to help premature babies get back on what was an interrupted fetal development track," says Dr. Heidellise Als, an assistant professor at the Harvard Medical School and a research psychologist at the Child Development Unit of Children's Hospital. "We've just discovered that if we simply touch a struggling and unstabilized infant on his open, splayed palm, he is encouraged to bring his arms in, to relax his tense shoulders and neck, and to help himself find a comfortable position that will alleviate a very dangerous strain on his heart and breathing."

Of course, babies born at term need touching as well. Classic studies have shown that *marasmus* (Greek for "wasting away") occurs when babies are not touched, cuddled or held.

In the fifties, Dr. Rene Spitz, a professor of psychiatry at the University School of Medicine in (continued)

# cream-m-mier, dream-m-mier

### New improved Dream Pie

2 envelopes DREAM WHIP® Whipped Topping Mix

2 3/4 cups cold milk

1 teaspoon vanilla

2 packages

(4-serving size)

JELL-O® Brand Chocolate Flavor Instant Pudding and Pie Filling or any other flavor (not cooked pudding)

1 baked 9-inch pie shell, cooled



a. Prepare whipped topping mix with 1 cup of the milk and the vanilla as directed on package, using large mixer bowl.

b. Add remaining 1 3/4 cups milk and pie filling mix.

Blend; then beat at high speed for 2 minutes, scraping bowl occasionally.

c. Spoon into pie shell. Chill at least 4 hours. Garnish as desired.







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## **POWER OF TOUCH** **continued**

Denver, Colorado, observed that one out of every three babies in foundling homes was listless, withdrawn and very slow in mental and physical development because no one held him or her. And a well-known pediatrician, Dr. John Holt of the Presbyterian Hospital Medical Center in New York, put into effect a rule that babies under his care had to be picked up and fondled five times a day. Soon, his sick babies perked up and mortality dropped.

But physical health and growth are not the only benefits of early touching. Drs. John Kennell and Marshall Klaus of the Rainbow Babies and Children's

Hospital at Case Western Reserve University have found that touching can also influence intellectual development. The doctors matched control groups of children whose mothers had given them a great deal of cuddling and holding within twelve hours of birth with groups of children who did not receive this kind of physical contact. The families of the children were similar in economic status, education, background, everything except the touching. When followed up at regular intervals in their lives, the children in the early touch-contact group had far greater language development, higher reading readiness scores and even significantly higher IQ's.

Even an older child's growth seems

orthopedics have been experimenting with touch techniques and have published extensive and detailed records of children who seem to show stunted mental and physical growth when they have been deprived of their mother's touch. In fact, one three-year-old's bone growth was found to be just half that of a normal child's.

## **Roots of touch therapy**

What we are now learning about the therapeutic effects of touch, primitive man may have known instinctively. Pictorial evidence in cave paintings in the Pyrenees show people using touch to heal as far back as 15,000 years ago. In China, Egypt and Thailand the traditions of touch healing are demonstrated in early rock carvings and papyrus paintings. And the power of touch has been debated in religious circles for years.

Today, the healing power of touch is being investigated by a whole battalion of scientists, including physicians, psychiatrists and biophysicists.

Perhaps the most enthusiastic proponent of touch healing is Dr. Dolores Krieger, professor at New York University's School of Nursing. Dr. Krieger has just been awarded a United States government grant to study the act of healing or helping others through touch. She is the originator of "Therapeutic Touch," a healing method that involves the laying on of hands. Therapeutic Touch is now part of the master's curriculum in nursing at N.Y.U., and has been taught to thousands of nurses at Beth Israel Hospital in Boston, Tufts University, Johns Hopkins University, Walter Reed Hospital in Washington, D.C., and even the U.S. Air Force Academy. As Dr. Krieger explains it, when she touches someone to heal them, energy is transferred from her body to the patient's. This helps the patient to raise his energy level and to achieve a state of relaxation. Therapeutic Touch is so simple, says Dr. Krieger, that anyone can learn how to do it.

Some may scoff, but the effects of Dr. Krieger's touch have actually been measured by scientists. In 1978, Krieger demonstrated through carefully monitored experiments at the Langley Porter Neuropsychiatric Institute of UCLA in San Francisco that blood components (the hemoglobin level) and brain waves change in both healer and patient during a healing session.

Although scientists do not yet understand exactly what happens during Therapeutic Touch, or what kind of energy is being transferred, they have several theories. Some believe that touching stimulates our bodies' peripheral nerves, which in turn cause



the central nervous system to release the chemical endorphin, our bodies' natural painkiller. Another theory is that the energy passing from healer to patient during Therapeutic Touch is electrical and, indeed, all people as well as plants and animals have electrical energy emanating from them. A third theory is that the results of this controversial therapy are due to a "placebo effect," which occurs when patients *believe* so strongly that they are being helped that they actually feel better. (Says Krieger, "Even if Therapeutic Touch is just a placebo, placebos have been noted to help in over thirty percent of illnesses.")

Whatever is happening, the healing process has actually been photographed using Kirlian photography, an experimental method of photographing the energy "aura" that surrounds all living things. For instance, when pictures were taken of Dr. Krieger's fingertips before, during and after a healing therapy session, the first photos were dim, but those taken during the session and after it were glowing with an intensely bright corona, indicating that a great deal of energy was being emitted from her fingertips.

Touch is often used to reduce pain. "There's just too much evidence around that it's real for me to ignore it

in my practice," says Dr. Mary Howell, a pediatrician at Massachusetts General Hospital and Children's Hospital. "I don't substitute it for drugs or surgery when they are appropriate, but Therapeutic Touch is just as important a medical technique as any other. I often use it to reduce pain and I think it also promotes healing in connective tissue injuries such as ligaments, sprains and even fractures."

### Rx for pain and healing

Touch also can be of tremendous value in traumatic injuries. Dr. Frederick J. Stoddard, director of psychiatry at the Shriners Burns Institute in Boston, says touching can be a major antidepressant and is "one of the most important aspects of rehabilitation in any acute illness or severe physical trauma, including severely burned patients."

Anita Wright, administrative supervisor of nurses at the Shriners Burns Institute, agrees. "Sometimes, touch is the only contact we have with our burn patients and it can be life-sustaining, because all the medicines in the world, all the antiseptic measures in the world don't help if a patient's will to live is gone.

"When I reach under an air tent in which a patient has been isolated from the world because it's necessary to

provide a sterile environment for him, and I rub the only part of that patient's body that has not been burned—the top of the head, say—I know his will to live is stimulated. I know that touching him, holding his hand for five minutes brings him back to the world of the living. Every nurse knows how strong the mind-body connection is, and if I can put a mind at ease, relax and stimulate a person's spirit, his body responds; his pain lessens."

How does touching alleviate pain? In fact, it probably works in a similar way to acupuncture; the key words are counter-irritation.

"When you rub a head or a stomach that aches, you're actually reducing the pain impulse to the brain by providing other reservoirs of sensation to block those pain impulses," explains Dr. S. Berthold Wolff, director of the Comprehensive Pain Center at New York University's Medical Center. "The whole theory of acupuncture or acupressure is nothing more than a sophisticated touching technique. You can try the counter-irritation theory the next time you're having oral or dental pain. Touch or rub the flesh between the thumb and forefinger of your hand (the hoku trigger point in acupuncture terms) and you will probably feel relief." (continued)

# Made with butter or Blue Bonnet? Even chefs can't tell the difference.







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
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# Always lean.



## POWER OF TOUCH

continued

Touch affects our behavior as well as our health. Psychological experiments have shown repeatedly that touching is extremely persuasive and that it can be used as a means of manipulation.

Two experiments, for instance, were conducted at Purdue University by Dr. Richard Heslin, an associate professor of psychological sciences. In one, he asked library clerks to touch some borrowers on their hands, but not to touch others when they presented their library cards. Heslin then stopped the borrowers outside to question them. The results showed that those who were touched for even a second were far more likely to report positive feelings about themselves and the library itself and the clerks who helped them—even when they were not aware of being touched.

In the other experiment, Heslin asked a student to leave a dime in a public telephone booth. As the student approached the person who had entered the booth just after she left it, she'd ask, "Pardon me, but I think I left a dime in there. Did you find it?" The answer, almost invariably, was no. Then the routine was changed. Along with the question, the student would gently touch the person on his arm for a few seconds. This way, she got the dime back almost every time.

Touch also can be a clear indication of power—it can be friendly, but it can say, "I'm in charge here." Your boss may throw her arm around your shoulder, but you probably wouldn't do the same back to her. Doctors feel free to pat nurses on the back, teachers touch students, executives touch secretaries, but the person of lower status rarely reciprocates.

In other ways, touch can be a powerful communicator,

because certain touches convey messages as clearly as if a loudspeaker boomed out the information. An angry squeeze, a cold handshake, a trembling hand, the touch of intimacy, all speak volumes. Even touching yourself—biting your nails, rubbing your hands together or tapping your knee—can send, in turn, messages of nervousness, satisfaction or impatience.

Unfortunately, however, the instinctive need to touch and to reach out is sometimes hampered by other cultural teachings. Many people in America, for instance, are brought up thinking that touch must be aggressive or sexual, nothing in between. It's often considered improper for people—especially men—to touch each other casually. Fathers even tend to draw back from cuddling their sons and roughhousing with their daughters. And if we ever so slightly touch a stranger we apologize profusely, as if we had stolen something from him.

This cultural taboo was demonstrated dramatically by Dr. Sidney Jourard, a psychologist at the University of Florida. He sat in coffee shops all over the world simply to count the times one person touched another in an hour. In Puerto Rico, his study reports, there were 180 touches in the hour. In France, there were 110, and in America there were only two. (England did even worse with none.)

Considering recent findings, this study is an alarming commentary on our culture and may not bode well for our physical and emotional health.

The many powers of touch were recognized by primitive man, and documented in the Bible. And it was Michelangelo, both a shrewd observer and a great artist, who, in his Sistine Chapel masterpiece, so memorably portrayed God giving life to Adam through the touch of his hand.

From our first moments to our last, touch has the power to soothe, to comfort, to heal. It is the means by which we satisfy our most basic of human needs.

**End**

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## MICHELLE'S MIRACLE

continued from page 24

albums and her photo of *General Hospital*'s Luke with the slogan "Don't let anyone take your dreams away."

The fact that Michelle's jaw was still wired shut was not enough to keep her housebound. She got a part-time job at the local arthritis foundation, stuffing envelopes, stapling and learning to type.

But then, two weeks after she'd arrived home, the jaw implant became infected and had to be removed.

Barbara was bitter. "I asked myself why I had let them persuade me that Michelle could really look normal. What a fantasy!

"Michelle absolutely refused to go back to school without a chin, so the doctors promised her that there would be a second, short operation during the summer to replace it. Then I really tested the doctors' flexibility. I said, 'As long as you have to do it over, would you mind making the chin a little less pointed while you're at it?' I just would never have forgiven myself if I hadn't spoken up. Dr. Sachs smiled and said, 'Sure, I'll give her *your* chin.'

"Then I had another idea. I asked if it was possible to make an incision underneath Michelle's chin instead of going through her mouth. Then she wouldn't have all that irritation again. The doctors agreed that this procedure—which had always been an option—was a good idea."

At last, the summer was over. Michelle's new chin was in place. Her face looked not only normal, but lovely. Her features were enhanced by a special elfin quality that came from within. She could hardly wait to start school again.

Michelle had missed a full three months of school the previous spring, but the school had assured Barbara that she would have no trouble catching up. She was all set to go back to school . . . or was she?

"That first day back," Barbara says, "I was so nervous. I wanted everything to be so wonderful for her. When she came home, my stomach was in knots. As I saw her coming up the street, looking so depressed, my heart sank.

"Michelle cried all through supper, and wouldn't tell me why. Finally, she told me what was wrong. It seemed that the kids at school had just ignored her. You can't imagine how down we all felt that night.

"But the *second* day of school was different. Michelle bounced in the door, wearing a big smile. She had finally realized what had been wrong the day before. 'You know what it was?' she asked me. 'The kids didn't know it was *me*! I was so relieved, I didn't know whether to laugh or cry.

"Right now, Michelle's arthritis is in remission," says Barbara. "Still, the damage that's been done is something to reckon with. Her hands don't have the dexterity for good handwriting, for example. And I try to remind her about her posture. She tends to lean forward to walk faster, but when she stands up straight, her limp is hardly noticeable.

"And she still gets pains in her neck, and sometimes she gets stuck in a certain position. We laugh. She'll call me and I've got to straighten her out. Her hands hurt—she takes aspirin every four hours for the pain—but she's a gutsy kid. She knows how to stand on her own feet.

"Someone asked me," Barbara muses, "if I thought her illness and the operation had had a really devastating and permanent traumatic effect on our daughter. Well, you can be sure I've thought about it. But you know what? Michelle has got to be one of the toughest, most balanced and stable people I know. If anything, this whole ordeal has made her even better."

End

Jane Marks is the author of *Help! My Parents Are Driving Me Crazy* (Grosset & Dunlap, May, 1982).

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# The Lovelife of the American Wife

AN LHJ POLL

Take part in a landmark survey!

Dear Reader:

During the past decade we have heard a great deal about sexuality: about the physiological aspects of sex, about the mores and activities of the swinging singles. Yet one important aspect of sexuality seems to have been ignored. No researchers have focused on the role sexuality plays within marriage or limited their inquiries to wives alone. No one has ever tried to examine how the physical expression of love within marriage is kept vital.

This, then, is what our survey is trying to find out. We are not looking for shock value. What we are trying to uncover is more subtle and more significant. How does one keep the sensual expression of love satisfying within marriage? How important is the physical part of a marital relationship? What is the wisdom contented wives can share?

In the past, *Ladies' Home Journal* has been deeply concerned about providing its readers with useful information on sex. Seventy years ago, one of our first editors, Edward Bok, published reports about sex education and venereal disease at a time when it was assumed "nice" women didn't know such subjects even existed. But he believed intelligent women wanted the important facts about subjects truly affecting their lives. We still feel this way at the *Journal*.

Therefore, we hope you will fill out the questionnaire that begins on the next page. Your responses will be analyzed by Dr. Ellen Frank, a professor at the University of Pittsburgh. Dr. Frank, with the editors of the *Journal*, will then prepare a report on the findings, which will be published in an upcoming issue. Thank you in advance for your time, your thoughts and your help.

Sincerely,

*Margaret Blythe*

Editor-in-Chief





For each question, check all answers that apply.

**1. How often do you and your husband usually make love?**

- More than once a day ☐ 5-1  
Once a day ☐ 2  
Three to five times a week ☐ 3  
Once a week ☐ 4  
Two to three times a month ☐ 5  
Once a month ☐ 6  
Less than once a month ☐ 7  
Never ☐ 8

**2. When do you usually make love?**

- Weeknights ☐ 6-1  
Weekend nights ☐ 7-1  
Weekday mornings ☐ 8-1  
Weekend mornings ☐ 9-1  
Weekday afternoons ☐ 10-1  
Weekend afternoons ☐ 11-1  
No particular time ☐ 12-2

**3. Were there ever periods in your marriage when you made love more often than now?**

- No ☐ 13-2  
Yes, when we were newlyweds ☐ 14-1  
Yes, before the children came ☐ 15-1  
Yes, when there weren't any more infants to get up for ☐ 16-1  
Yes, when the kids had just left home ☐ 17-1  
Yes, when we were having lots of financial problems ☐ 18-1  
Other (Please explain) ☐ 19-

**4. Were there ever periods in your marriage when you made love less often than now?**

- No ☐ 20-2  
Yes, right after the babies were born ☐ 21-1  
Yes, when we were having lots of financial problems ☐ 22-1  
Yes, when my job pressures were really high ☐ 23-1  
Yes, when his job pressures were really high ☐ 24-1  
Other (Please explain) ☐ 25-1

**5. What is the longest time you and your husband have gone without making love to each other (not counting when one or the other was absent for some reason)?**

- One or two days ☐ 26-1  
Three or four days ☐ 2  
Five to nine days ☐ 3  
Ten to twenty days ☐ 4  
A month ☐ 5  
More (Please note how long and why) \_\_\_\_\_ 27-  
\_\_\_\_\_ 28-  
\_\_\_\_\_ 29-

**6. Do you ever make love anywhere but the bedroom?**

- No ☐ 30-2  
Yes, in the living room ☐ 31-1  
Yes, in the den ☐ 32-1  
Yes, outdoors ☐ 33-1  
Yes, in the car ☐ 34-1  
Other (Please explain) ☐ 35-

**7. Do you and your husband go to bed at the same time every night?**

- Almost always ☐ 36-1  
Usually ☐ 2  
Occasionally ☐ 3  
Almost never ☐ 4

**8. Do you have**

- Double, queen- or king-size bed ☐ 37-1  
Twin beds ☐ 2  
Separate bedrooms ☐ 3

**9. Do you wish you made love**

- More frequently ☐ 38-1  
Less frequently ☐ 2  
I am satisfied ☐ 3

**10. Do you wish you had more time to make love?**

- Never ☐ 39-1  
Occasionally ☐ 2  
Frequently ☐ 3

**11. If you do not have enough time, is it because**

- You are too tired and you need your sleep ☐ 40-1  
You are too rushed because of your work ☐ 41-1  
You are too rushed because of your children ☐ 42-1  
Other (Please explain) ☐ 43-

**12. How often does your husband approach you when you're not interested in lovemaking?**

- Always ☐ 44-1  
Frequently ☐ 2  
About half the time ☐ 3  
Rarely ☐ 4  
Never ☐ 5

**13. How often do you turn your husband down?**

- Never ☐ 45-1  
Occasionally ☐ 2  
Frequently ☐ 3

**14. If you do, how do you turn him down?**

- Very directly ("I'm not interested now") ☐ 46-1  
Indirectly ("I'm too tired right now, let me sleep," gently pulling away) ☐ 47-1  
An excuse ("I have a headache") ☐ 48-1  
Other (Please explain) ☐ 49-

**15. When you initiate lovemaking, how often does your husband turn you down?**

- Never ☐ 50-1  
Occasionally ☐ 2  
Frequently ☐ 3  
I never initiate ☐ 4

**16. Do you ever fight about sex?**

- Often ☐ 51-1  
Occasionally ☐ 2  
Never ☐ 3

**17. How good a lover do you think you are?**

- Excellent ☐ 52-1  
Good ☐ 2  
Average ☐ 3  
Passable ☐ 4  
Poor ☐ 5  
I don't know ☐ 6

**18. How often do you have difficulty becoming sexually aroused?**

- Never ☐ 53-1  
Rarely ☐ 2  
About half the time ☐ 3  
Frequently ☐ 4  
Always ☐ 5

**19. Do you currently use any method of contraception?**

- Always ☐ 54-1  
Usually ☐ 2  
Sometimes ☐ 3  
Infrequently ☐ 4  
Never, I'm trying to get pregnant ☐ 5  
Never, I just can't be bothered ☐ 6  
Never, I no longer menstruate ☐ 7  
Never, it's against my religious beliefs ☐ 8

**20. If you do use contraception, what method do you use?**

Husband

Wife



**21. Do you feel that the method of contraception you use interferes with your sexual relationship?**

- No, doesn't interfere at all ☐ 59-1  
We rarely or never use a contraceptive ☐ 2  
It interferes very little ☐ 3  
It interferes moderately ☐ 4  
It interferes a great deal ☐ 5

**22. Do you think of another man or men while making love to your husband?**

- Never ☐ 60-1  
Rarely ☐ 2  
About half the time ☐ 3  
Frequently ☐ 4  
Always ☐ 5

**23. How often do you think of something else (children's problems, money worries, etc.) while making love?**

- Never ☐ 61-1  
Rarely ☐ 2  
About half the time ☐ 3  
Frequently ☐ 4  
Always ☐ 5

**24. How often are you unable to reach orgasm?**

- Never ☐ 62-1  
Rarely ☐ 2  
About half the time ☐ 3  
Frequently ☐ 4  
Always ☐ 5

**25. How often do you have difficulty reaching orgasm?**

- Never ☐ 63-1  
Rarely ☐ 2  
About half the time ☐ 3  
Frequently ☐ 4  
Always ☐ 5

**26. Do you ever fake orgasm?**

- Never ☐ 64-1  
Rarely ☐ 2  
Occasionally ☐ 3  
Frequently ☐ 4  
Always ☐ 5

**27. Do you feel as if you should have an orgasm every time you make love?**

- Never ☐ 65-1  
Occasionally ☐ 2  
Frequently ☐ 3  
Always ☐ 4

**28. Who or what makes you feel this way?**

- My husband ☐ 66-1  
Myself ☐ 67-1  
The media ☐ 68-1  
Other (Please explain) ☐ 69-

**29. Do you and your husband have orgasms at the same time?**

- Always ☐ 70-1  
Frequently ☐ 2  
Occasionally ☐ 3  
Rarely ☐ 4  
Never ☐ 5

**30. If you looked better (sexier, thinner, fatter, younger, whatever), do you think it would improve your sex life?**

- A lot ☐ 71-1  
Somewhat ☐ 2  
A little ☐ 3  
Not at all ☐ 4

**31. If your husband looked better (sexier, younger, thinner), do you think your response to him and your sex life would improve?**

- A lot ☐ 72-1  
Somewhat ☐ 2  
A little ☐ 3  
Not at all ☐ 4

**32. How often does your husband have difficulty getting or maintaining an erection?**

- Never ☐ 73-1  
Rarely ☐ 2  
About half the time ☐ 3  
Frequently ☐ 4  
Always ☐ 5

**33. How often does your husband reach orgasm sooner than you would like?**

- Never ☐ 74-1  
Rarely ☐ 2  
About half the time ☐ 3  
Frequently ☐ 4  
Always ☐ 5

**34. Do you ever do things in bed that your husband likes but that make you feel uneasy?**

- Never ☐ 75-1  
Rarely ☐ 2  
Occasionally ☐ 3  
Frequently ☐ 4

**35. Does your husband ever make a request (new position, techniques, etc.) that you refuse?**

- Yes ☐ 76-1  
No ☐ 2

**If yes, why?**

- Physical discomfort ☐ 77-1  
I find it embarrassing ☐ 78-1  
Emotional discomfort ☐ 79-1  
Not as sexually satisfying ☐ 80-1  
To punish him ☐ 5-1  
I find it immoral ☐ 6-1  
Don't know ☐ 7-1  
8-1

**36. Do you feel guilty if your husband ever makes a request that you turn down?**

- Never ☐ 9-1  
Occasionally ☐ 2  
Frequently ☐ 3

**37. Do you ever make a request your husband turns down?**

- Never ☐ 10-1  
Occasionally ☐ 2  
Frequently ☐ 3

Is there romance after marriage?

**38. Is your marriage still "romantic?"**

- No ☐ 11-2  
Yes, because he still brings me flowers, candy ☐ 12-1  
He writes me poems/love notes ☐ 13-1  
I write him poems/love notes ☐ 14-1  
I still cook his favorite stew/dessert ☐ 15-1  
I still call him in the middle of the day to say I love him ☐ 16-1  
He still calls me in the middle of the day to say he loves me ☐ 17-1  
Other (Please explain) ☐ 18-

**39. When you find that you're more passionate than usual, what do you think most often makes that happen?**

- Making up from a fight ☐ 19-1  
Being alone together ☐ 20-1  
His giving me something (including my own way) ☐ 21-1  
A romantic day/evening ☐ 22-1  
A romantic/relaxing setting, e.g. the beach ☐ 23-1  
Alcohol ☐ 24-1  
Drugs ☐ 25-1  
Not caring whether or not I get pregnant ☐ 26-1  
Wanting to get pregnant ☐ 27-1  
Making lovemaking feel illicit ☐ 28-1  
Looking at erotic material (books, magazines, video tapes, TV movies) ☐ 29-1  
Forced abstinence, e.g. I'm away, he's away or illness ☐ 30-1  
Other (Please explain) ☐ 31-

**40. Do you ever "schedule" lovemaking—agreeing, perhaps, to meet your husband at home during your lunch hour or planning to have the children sleep at friends?**

- Frequently ☐ 32-1  
Occasionally ☐ 3  
Never ☐ 3



- 41. How often does your husband say he loves you (tell you you're pretty, sexy, notice your perfume)?**
- Daily ..... ☐ 33-1  
 Only when making love ..... ☐ 2  
 Only on special occasions ..... ☐ 3  
 Frequently ..... ☐ 4  
 Occasionally ..... ☐ 5  
 Never ..... ☐ 6

- 42. How often do you tell your husband you love him (tell him he's handsome, sexy)?**
- Daily ..... ☐ 34-1  
 Only when making love ..... ☐ 2  
 Only on special occasions ..... ☐ 3  
 Frequently ..... ☐ 4  
 Occasionally ..... ☐ 5  
 Never ..... ☐ 6

- 43. How does your husband initiate sex?**
- A direct request ..... ☐ 35-1  
 Pulls you into an embrace, starts kissing, touching ..... ☐ 36-1  
 An indirect request ("I'm going to bed now") ..... ☐ 37-1  
 Awakens you ..... ☐ 38-1  
 Other (Please explain) ..... 39

- 44. If you take the lead in your sexual relationship with your husband, what is it that makes you feel like doing that?**
- My husband's passivity; he doesn't take the lead ..... ☐ 40-1  
 Feeling loving ..... ☐ 41-1  
 Simply sexual desire ..... ☐ 42-1  
 Feeling it's my obligation as a wife ..... ☐ 43-1  
 Knowing or hoping I'll get something or my own way in return ..... ☐ 44-1  
 I never take the lead ..... ☐ 45-1  
 Other (Please explain) ..... 46

- 45. If you do initiate sex, how do you do that?**
- A direct request ..... ☐ 47-1  
 Pull him into an embrace, start kissing, touching ..... ☐ 48-1  
 An indirect request ("I'm going to bed now") ..... ☐ 49-1  
 Awaken him ..... ☐ 50-1  
 Other (Please explain) ..... 51

- 46. If you do initiate sex with your husband, how does this affect your sexual satisfaction?**
- I feel more satisfied ..... ☐ 52-1  
 I feel somewhat more satisfied ..... ☐ 2  
 It doesn't seem to make a difference ..... ☐ 1  
 It's somewhat less satisfying ..... ☐ 4  
 It's much less satisfying ..... ☐ 5

- 47. When your husband takes the lead in your sexual relationship, what do you think usually makes him do that?**
- My own passivity; I rarely take the lead ..... ☐ 53-1  
 His feeling loving ..... ☐ 54-1  
 Simply sexual desire ..... ☐ 55-1  
 Thinking it's his obligation as a husband ..... ☐ 56-1  
 Knowing or hoping he'll get something or his own way in return ..... ☐ 57-1  
 Other (Please explain) ..... 58

- 48. Do you like to make love when you feel tense or anxious?**
- Never ..... ☐ 59-1  
 Occasionally ..... ☐ 2  
 Frequently ..... ☐ 3

- 49. Does your husband like to make love when he feels tense or anxious?**
- Never ..... ☐ 60-1  
 Occasionally ..... ☐ 2  
 Frequently ..... ☐ 3

- 50. Do you ever give in to spontaneous desire?**
- Never ..... ☐ 61-2  
 Yes ..... ☐ 62-1  
 Make love early in the evening when the urge strikes ..... ☐ 62-1  
 Call in late for work because we had the urge to make love ..... ☐ 63-1  
 Leave a party early ..... ☐ 64-1  
 Other (Please explain) ..... 65

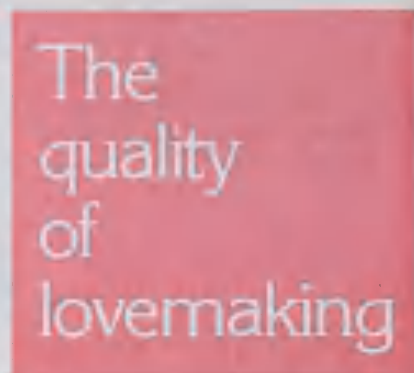
- 51. In what kind of light do you prefer to make love?**
- Total darkness ..... ☐ 66-1  
 Low light ..... ☐ 2  
 Bright light ..... ☐ 3

- 52. Do you ever put sensual music on the stereo as a background for lovemaking?**
- Never ..... ☐ 67-1  
 Occasionally ..... ☐ 2  
 Frequently ..... ☐ 3

- 53. Do you ever fix up before lovemaking (put on a pretty nightgown, light makeup, perfume, etc.)?**
- Never ..... ☐ 68-1  
 Occasionally ..... ☐ 2  
 Frequently ..... ☐ 3

- 54. If you talk while making love, what kind of things do you say?**
- I tell him what I want him to do ..... ☐ 69-1  
 I express pleasure ..... ☐ 70-1  
 I whisper "sweet nothings" ..... ☐ 71-1  
 I don't talk ..... ☐ 72-1  
 Other (Please explain) ..... 73

- 55. In general, how satisfying is your sexual relationship?**
- Very satisfying ..... ☐ 74-1  
 Moderately satisfying ..... ☐ 2  
 Neither satisfying nor unsatisfying ..... ☐ 3  
 Not very satisfying ..... ☐ 4  
 Not satisfying at all ..... ☐ 5



- 56. Is married sex what you imagined it would be?**
- Much better than I imagined ..... ☐ 75-1  
 Exactly as I imagined ..... ☐ 2  
 I didn't think about it before marriage ..... ☐ 3  
 It's more routine than I thought it would be ..... ☐ 4  
 It's less satisfying than I thought it would be ..... ☐ 5  
 Other (Please explain) ..... 6

- 57. Do you think that your married sex life is average (pretty much like everyone else's)?**
- Yes ..... ☐ 76-1  
 No ..... ☐ 2
- If no, why do you think it isn't?**
- I think we have sex more frequently than average ..... ☐ 77-1  
 I think we have sex less frequently than average ..... ☐ 2  
 I think I am more sexually satisfied than most wives ..... ☐ 78-1  
 I think I am less sexually satisfied than most wives ..... ☐ 2  
 I think we try more different things than average ..... ☐ 79-1  
 I think we try fewer things than average ..... ☐ 2
- Not sure what average is ..... ☐ 80-2

- 58. If you could change the way your husband relates to you sexually, what would you want?**
- Want him to be a more tender lover ..... ☐ 6-1  
 Want him to be a more aggressive lover ..... ☐ 7-1  
 Want him to be a more skillful lover ..... ☐ 8-1  
 Want him to be a more experimental lover ..... ☐ 9-1  
 Want him to feel more attracted to you ..... ☐ 10-1  
 I don't want him to change at all ..... ☐ 11-1



**59. If you could change the way that you relate to your husband sexually, how would you change?**

- Want to be a more tender lover ☐ 12-1  
 Want to be a more aggressive lover ☐ 13-1  
 Want to be a more skilled lover ☐ 14-1  
 Want to be a more experimental lover ☐ 15-1  
 Want to feel more attracted by your husband ☐ 16-1  
 I don't want to change ☐ 17-1

**60. When you first met your husband, did he attract you**

- Physically ☐ 18-1  
 Intellectually (you liked his personality) ☐ 2  
 A combination ☐ 3

**61. Do you now consider him**

- More physically attractive ☐ 19-1  
 Less physically attractive ☐ 2  
 The same ☐ 3

**62. Did you have sexual intercourse prior to your marriage?**

- Never ☐ 20-1  
 Only with my current husband ☐ 2  
 With serious boyfriend(s) ☐ 3  
 Casual experimentation ☐ 4  
 Only with my previous husband(s) ☐ 5

**63. At what age did you first have sexual intercourse?**

(21-22)

**64. In general, how satisfying was your premarital sexual experience?**

- Extremely satisfying ☐ 23-1  
 Moderately satisfying ☐ 2  
 Neither satisfying nor unsatisfying ☐ 3  
 Not satisfying ☐ 4  
 Unsatisfying ☐ 5  
 Never had a premarital sexual relationship ☐ 6

**65. If you had premarital sex, how did you feel about it?**

- I felt fine at the time and guilty later ☐ 24-1  
 I felt guilty at the time and fine about it later ☐ 2  
 I had no feeling about it one way or the other ☐ 3  
 I felt guilty at the time and guilty later ☐ 4  
 I felt fine at the time and fine later ☐ 5

**66. How did your premarital sexual experience affect your married sex life?**

- Not at all ☐ 25-2  
 Made me a better lover ☐ 26-1  
 Made me critical of my husband's lovemaking ☐ 27-1  
 Other (Please explain) ☐ 28

**67. If you were a virgin when you married (or had slept with your fiancé only), how did this affect your married sex life?**

- Not at all ☐ 29-2  
 Made me a devoted wife ☐ 30-1  
 Made me wish I knew how other men make love ☐ 31-1  
 Other (Please explain) ☐ 32

**68. Did you live with your husband before marriage?**

- Yes ☐ 33-1  
 No ☐ 2

**69. If yes, did this experience affect your married sex life?**

- Not at all ☐ 34-2  
 Made my expectations more realistic ☐ 35-1  
 Made sex more exciting ☐ 36-1  
 Other (Please explain) ☐ 37

**70. Since your marriage, have you ever been sexually involved with someone other than your husband?**

- Never ☐ 38-1  
 Only once ☐ 2  
 A couple of times ☐ 3  
 Often ☐ 4  
 Continually ☐ 5

**71. If you've ever been involved sexually outside your marriage, what is the longest that a relationship lasted? (Please fill in blanks with appropriate numbers.)**

- \_\_\_\_\_ days (39-40)  
 \_\_\_\_\_ months (41-42)  
 \_\_\_\_\_ years (43-44)

**72. Are you sexually involved outside your marriage now?**

- Yes ☐ 45-1  
 No ☐ 2

**73. If you've had an extramarital affair or affairs, how did the experience compare to marital sex?**

- More physically satisfying ☐ 46-1  
 Less physically satisfying ☐ 46-2  
 More exciting ☐ 47-1  
 Less exciting ☐ 47-2  
 More emotionally satisfying ☐ 48-1  
 Less emotionally satisfying ☐ 48-2  
 Same as in marriage ☐ 49-1  
 Never had an affair ☐ 50-2

**74. Some people say that sex outside of marriage increases satisfaction within the marriage. In your experience, has an affair had**

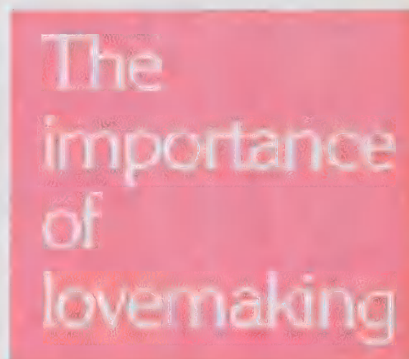
- No effect on your marriage ☐ 51-2  
 A positive physical effect on your satisfaction in the marriage ☐ 52-1  
 A negative physical effect ☐ 52-2  
 A positive emotional effect ☐ 53-1  
 A negative emotional effect ☐ 53-2  
 Never had an affair ☐ 54-2

**75. If you've had extramarital affairs, how did you feel about it?**

- I felt fine at the time and guilty later ☐ 55-1  
 I felt guilty at the time and fine about it later ☐ 2  
 I had no feeling about it one way or the other ☐ 3  
 I felt guilty at the time and guilty later ☐ 4  
 I felt fine at the time and still feel fine ☐ 5

**76. If you're working outside your home or in a position to have contact with men, how does this affect your sexual relationship?**

- It has no effect ☐ 56-1  
 I am more interested in my husband but have no more interest in other men ☐ 2  
 I am more interested both in my husband and other men ☐ 3  
 I am more interested in other men and less interested in my husband ☐ 4  
 Other (Please explain) ☐ 57



**77. How often do you discuss sex or sexual feelings with other women?**

- Often ☐ 58-1  
 Occasionally ☐ 2  
 When I have a problem ☐ 3  
 Never ☐ 4

**78. How often do you discuss sex or sexual feelings with men other than your husband?**

- Often ☐ 59-1  
 Occasionally ☐ 2  
 When I have a problem ☐ 3  
 Never ☐ 4

**79. How often do you and your husband discuss sex or sexual feelings?**

- Often ☐ 60-1  
 Occasionally ☐ 2  
 When we have a problem ☐ 3  
 Never ☐ 4

**80. How often do you simply not feel interested in sex or being sexual?**

- Always ☐ 61-1  
 Frequently ☐ 2  
 About half the time ☐ 3  
 Rarely ☐ 4  
 Never ☐ 5



**81. Have you ever consulted a sex therapist?**

Yes ☐ 62-1  
No ☐ 2

**If yes, did it help?**

A lot ☐ 63-1  
Somewhat ☐ 2  
Not much ☐ 3  
Not at all ☐ 4

**82. Sex is a \_\_\_\_\_ part of your marriage.**

Very important ☐ 64-1  
Pretty important ☐ 2  
Neither important nor unimportant ☐ 3  
Pretty unimportant ☐ 4  
Totally unimportant ☐ 5

**83. Imagine that, for some reason, you and your husband could no longer have a sexual relationship, but ~~that~~ absolutely everything else in your marriage (shared interests, finances, etc.) stayed the same. How much would the lack of lovemaking matter to you?**

Terribly, it would be unbearable ☐ 65-1  
A lot, but I could stand it ☐ 2  
Not that much really ☐ 3  
Probably not at all ☐ 4

**84. If your feelings about yourself as a sexual person have improved in the last few years, to what do you attribute that change?**

The media made me feel freer to enjoy myself ☐ 66-1  
Learning and having more information about sex ☐ 67-1  
Having more sexual experience ☐ 68-1  
Improved feelings about myself as a woman ☐ 69-1  
There has been no change in my feelings ☐ 70-1

Please give us some facts about yourself.

**1. How old are you?**

(71-72)

**2. Education completed:**

Elementary school or less ☐ 73-1  
Some high school ☐ 2  
High school graduate ☐ 3  
Some college ☐ 4  
College graduate ☐ 5  
Some graduate school or more ☐ 6

**3. Are you currently employed:**

Part-time ☐ 74-1  
Full-time ☐ 2  
Self-employed ☐ 3  
Not employed ☐ 4

**4. Occupation:**

Homemaker ☐ 75-1  
Secretary/clerk ☐ 2  
Professional/technical ☐ 3  
Management ☐ 4  
Sales ☐ 5  
Other ☐ 6

**5. Your personal earnings:**

None ☐ 76-1  
Under \$5,000 ☐ 2  
\$5,000 to \$9,999 ☐ 3  
\$10,000 to \$14,999 ☐ 4  
\$15,000 to \$19,999 ☐ 5  
\$20,000 to \$24,999 ☐ 6  
\$25,000 or more ☐ 7

**6. How much did all the members of your household combined earn last year?**

Less than \$10,000 ☐ 77-1  
\$10,000 to \$19,999 ☐ 2  
\$20,000 to \$29,999 ☐ 3  
\$30,000 to \$39,999 ☐ 4  
\$40,000 to \$49,999 ☐ 5  
\$50,000 or more ☐ 6

**7. What is your religious affiliation?**

Catholic ☐ 78-1  
Protestant ☐ 2  
Jewish ☐ 3  
Not affiliated ☐ 4  
Other (Please specify) ☐ 79-1

**8. Do you consider yourself religious?**

Yes ☐ 5-1  
No ☐ 2

**9. What is your racial background?**

White ☐ 6-1  
Native American (Indian) ☐ 2  
Hispanic ☐ 3  
Black ☐ 4  
Oriental ☐ 5  
Other (Please specify) ☐ 7-

**10. Do you live in a (check one only)**

City of more than 1 million ☐ 8-1  
City of 10,000 to 1 million ☐ 2  
City of less than 10,000 ☐ 3  
Suburb ☐ 4  
Rural area ☐ 5

**11. Geographical location:**

Please write in your zip code. (If you're not living in the United States, write in the country.)  
Zip Code ☐ (9-13)  
Outside U.S. (specify country) ☐ 14

**12. How long have you been married?**

\_\_\_\_\_ years ☐ (15-16)  
\_\_\_\_\_ months ☐ (17-18)

**13. Is this marriage your**

First ☐ 19-1  
Second ☐ 2  
Third, or more ☐ 3

**14. How would you rate your marriage?**

Very happy ☐ 20-1  
Happy ☐ 2  
Neither happy nor unhappy ☐ 3  
Unhappy ☐ 4  
Very unhappy ☐ 5

**15. Do you have any children?**

Number from this marriage ☐ (21-22)  
Number from previous marriages ☐ (23-24)

**16. How many children are currently living with you and your husband?**

(25-26)

**17. The children currently living with you are**

Infants ☐ 27-1  
Toddlers ☐ 28-1  
Preschoolers ☐ 29-1  
Elementary school age ☐ 30-1  
High school age ☐ 31-1  
College age ☐ 32-1  
Older than college age ☐ 33-1

**18. Have you had any medical or psychological problems in the last two years?**

None ☐ 34-1  
Minor (No effect on my ability to do day-to-day tasks) ☐ 2  
Moderate (Had some effect on my day-to-day tasks) ☐ 3  
Severe (Major effect on my day-to-day tasks) ☐ 4  
Life threatening (Completely unable to do day-to-day tasks) ☐ 5

**19. Has your husband had any medical or psychological problems in the last two years?**

None ☐ 35-1  
Minor (No effect on his ability to do day-to-day tasks) ☐ 2  
Moderate (Had some effect on day-to-day tasks) ☐ 3  
Severe (Major effect on day-to-day tasks) ☐ 4  
Life threatening (Completely unable to do day-to-day tasks) ☐ 5

Space (36-79)

Please tear out your completed questionnaire, fold in thirds, and mail in a standard, business-sized, stamped (20¢) envelope to:

**Dr. Ellen Frank  
P.O. Box 7438  
Oakland Office  
Pittsburgh, PA 15213**

Your responses, along with the others we receive, will be fed into a computer and the resulting data will be analyzed and used as the basis of our forthcoming report. Thank you for your participation in this project.



## A SIMPLE WEDDING

continued from page 36

A simple home wedding. I could have warned them, but who would listen to me, a mere child of twelve and that is worse, one who looks about ten years old. I'll admit that I am small for my age, not having hit my growth spurt yet, and I still have what Mrs. Corse next door calls my puppy fat, but looks do not affect brain power. My English teacher says I am very, very precocious and that I have the mind of an eighteen-year-old, but that I am inordinately fond of long words (I looked it up: "excessively, immoderately"). Oh, yes, I, Philomena Hutchens, could have warned them. I would have asked just one little question: "How can you possibly expect to have a simple home wedding when you can't even have a simple home?"

Look at my father, George Hutchens. They say he has a gigantic brain, but my cranny of it that is not filled with the courses he teaches at the law school is crammed with gardening knowledge. He's great if you are really trying to know the definition of a tort or the Latin name of skunkweed, but sometimes I wish he had room in his mind for other things. Like, for instance, me. And there's my mother, who also happens to be Marilyn Hutchens the poet. There is nothing wrong with being a poet, but I can tell you there are a lot of things wrong with living with a poet. When she is giving birth to a poem, she wanders her house like a restless ghost. She wanders right past unwashed dishes and uncooked meals. And me.

And there's my sister, Lucy. She was almost fifteen when I came along as a sort of Philomena-come-lately. I hope I was an afterthought. I mean, who wants to think of herself as an accident? Anyway, by the time I was born, Mom was writing poetry, Dad was happy with his law and his garden, and Lucy was in love with calculus. They didn't ignore me. I didn't have to change my own diaper or anything like that, but I have been on my own more than most kids I know. Sure, I have had more freedom, but I have had more responsibility, too, like making sure that my clothes were washed and my cavities filled.

My sister Lucy. The bride. She is all and slender and very, very beautiful. She is also on the verge of getting her PhD in mathematics. In fact, just one week before the wedding she turned in her doctoral thesis, which he said was a complex analysis using imaginary numbers. "Why not use real ones?" I asked, but she just laughed. "Oh, Phil! Because of the application in quantum mechanics, of course!" Of course. Now, Lucy is fine,

as sisters go, but she lives in some other world most of the time. I don't know how she came down to earth long enough to fall in love with Benton, but it's all right. Being some kind of weird biochemist, he's going to fit right into our not-so-simple little family. He was on the imaging team for the Saturn fly-by, which ought to tell you something about Benton.

Oh, and there's Miss Jackson, Lucy's Irish setter, although maybe I should call her Mrs. Jackson since on the day of the wedding she was pregnant in a big way. Lucy loves Miss Jackson inordinately. In fact, I think Lucy set the date with Miss Jackson's delivering day in mind. But I took a good look at Miss Jackson that morning, and I thought Lucy was cutting it terribly close.

The morning of the wedding. My father and the florist were still fiddling with the altar, but the backyard looked so beautiful that my mother went off to write a poem about it. The front yard did not look all that well, not with a big dead elm tree in the middle. Dad had been calling the city for six months, trying to get them either to cut it down or to let him cut it down, but, so far, to no avail.

**B**enton stopped imaging Saturn in time to show up two hours before the wedding, looking very, very handsome in his new blue suit. Since I was ready, I took it upon myself to calm the nervous bridegroom. I sat down with him in the living room. "Benton," I said, "tell me about this imaging thing."

He looked pleased. "Well, Phil, I concentrated on one of Saturn's moons." He took off his necktie. "Now, Titan's atmosphere is fascinating. It is mostly nitrogen—" He started unbuttoning his shirt. On about the third button he stopped and looked surprised. "Oh, I didn't realize that I was—sorry about that, Phil. For some reason, every time I start talking about science I find myself getting comfortable. Maybe it's because I lived in the dorm in grad school and I always studied in my underwear. About Titan, though. We found a percent or two of methane in the atmosphere—" He did not seem to notice that he was unbuttoning his shirt again. "—And that, with the presence of hydrogen cyanide, an important molecule in building life forms, means that—" He took off his jacket. "The chemistry is like the early days on earth," he said. I was inordinately interested, never having seen a naked man before. How far would Benton go in the interest of science?

"MARILYN!" There was a screech from the backyard. My parents ran out, I ran out, Benton ran out, with his shirttail flapping in the breeze.

"MARILYN! There are all these PEOPLE!" It was Mrs. Corse from next door, clutching a pink nylon robe around herself and pointing at her backyard. Mrs. Corse is one of my very, very favorite people. She does things that poets do not always remember to do, like bake cookies. She was also going to play the piano for Lucy's wedding. She had a blue turban thing around her head, and a big wad of gray, dead-looking hair was escaping from it. I had never known that Mrs. Corse's blond hair was a wig. A simple home wedding, I discovered, could be inordinately revealing.

"MARILYN! They're setting up these TABLES! I tried to tell them, but they wouldn't LISTEN!"

"Oh," Mom said absently, "I must have given the caterers the wrong house number. George, could you—"

"Of course, darling." My father smiled at her lovingly. I never could understand how Dad could find Mom's confusions and alarms amusing.

I followed Benton into the house, ready to hang in there all the way to Uranus or full nudity, whichever came first, but he stopped in the hall.

"Lucy," he said softly. She was coming down the stairs in my mother's white satin wedding gown. Now, I had seen Lucy try on that dress and I had seen it being fitted, but I had not seen it like this. With her fair hair against the light from the hall window, she looked like a medieval princess descending from her tower. "Lucy," Benton said again. Just that. Just "Lucy."

**T**he phone rang in the kitchen. I could tell that those two were fixed in space or love or something, so I answered. "Lucy," I said, "it's for you. A Dr. Blake."

"Blake!" she screeched in a very un-medieval way. "To tell me if they accepted my thesis!" She grabbed the receiver. "Dr. Blake, I—" She listened. "What do you mean, they didn't—" More listening. "In the equation that—hold on." She grabbed up a felt-tipped pen and started scribbling algebraic notations on the calendar, going right over the square marked "WEDDING!" Going, in fact, right off the calendar and onto the white wall.

"Lucy!" It was my mother's turn to screech. "The guests are arriving! Get back upstairs, quick!"

"Dr. Blake, I have to go. Something's come up and—oh, just a wedding. I'll call you back later and—"

Mom snatched the phone and hung it up, and with only one quick, confused glance at the equations wandering across the kitchen wall, she shoved Lucy toward the stairs. Benton looked down at his half-naked form, said "My God!" and ran to the living room for his clothes.



## A SIMPLE WEDDING

continued

And I, Philomena, the only cool head, sailed calmly into the front hall to greet people. I saw that there was quite a traffic jam out front because a tree-trimming truck complete with cherry-picker was maneuvering in the street, but I greeted the arriving guests with dignity and directed them to the backyard.

"Psst!" Unfortunately the sound came at a lull between arrivals.

It was the bride, hanging over the banister. "Phil, have you seen Miss Jackson?"

I was suddenly filled with inordinate foreboding. "No, Lucy. Not since early this morning."

"I'm afraid this crowd will upset her. Will you find her and bring her up to my room?"

I went straight to the garage because Miss Jackson's favorite spot was the back seat of the car, which Dad always left open for her. But she was not there. Instead, she was stretched out on the leaf-raking canvas and was making very, very peculiar sounds. She wagged her tail at me, but I could tell that she was concentrating on something else: child, or rather, puppy birth.

To heck with dignity! I galloped through the wedding guests like a broken field runner. My turn to screech. "Lucy! Lucy, come quick! Miss Jackson is giving birth!"

The guests stared at me in shock and then scrambled to get out of the way when Lucy came flying down the stairs and across the yard, with me right behind her, and Benton, fully clothed again, right behind me.

"Miss Jackson!" Lucy cried. I had the presence of mind to throw an old car blanket down just before she knelt on the concrete in all her white satin glory. Benton knelt beside her.

"Move over, Lucy," he said firmly. "I worked for a vet one summer."

"The vet!" Lucy cried. "Phil, call the vet!"

"No time," Benton said calmly.

"No time" was right. Miss Jackson produced a son. And then a daughter. And another son. I was inordinately interested, never having seen anything get born before.

My mother came tearing into the garage. "Lucy, I've looked everywhere for you! The minister is ready to—oh, my goodness!" She knelt down next to Lucy and lightly stroked the dog's head.

"Marilyn? What on earth are you doing in the—" My father stopped in the doorway. "Well, I'll be damned! Is everything under control, Benton? Well, then, I'll just tell the minister that there will be a short delay."

Another daughter, another son, and then Miss Jackson got busy licking the puppies clean, shoving them around with maternal efficiency.

Benton looked at Lucy. "I think that's the crop."

Lucy looked back at Benton and I could tell that for once she was not thinking about imaginary numbers. "Benton," she said. "Oh, Benton!"

My mother stood up. For a minute there I thought she was going into a poetry-writing trance, but she shook herself briskly and said, "I think we can leave Miss Jackson in charge now. Lucy and Benton, may I remind you that there is a wedding waiting?"

Lucy and Benton rose as one and floated away to the house to clean up. I took my mother's hand and we went to the wedding together.

The patient guests were grouped on the grass. The minister was at the altar; Benton, glowing, stood at one side with his best man. Dad nudged Lucy and she took his arm. Mrs. Corse, blond once more, played the first chords of the wedding march. I clutched my bouquet and prepared to lead the procession to the altar.

A metallic screech drowned out the piano. "ZENeeeZENNN!"

Lucy and Dad and Mrs. Corse stopped as if on cue.

"ZENeeeZENeeeZENNN!" My father, quick to understand situations in gardens, law and weddings, left Lucy in the aisle and sprinted for the street. The tree-trimming crew had set up their equipment during Miss Jackson's finest hour and were attacking the dead elm with a chain saw.

"ZEN—" The saw stopped. We waited. Dad came around the corner of the house followed by three men in work clothes. Dad took Lucy's arm and made an announcement with inordinate calm. "These gentlemen have agreed to delay their project until tomorrow. So that their afternoon will not be wasted, I have asked them to join us."

The other guests nodded and smiled and the tree-trimmers took their places in the group, holding their orange hard hats over their hearts. And finally, the wedding began.

The minister repeated the question. "Lucy, will you take this man Benton to be your lawfully wedded husband?"

Lucy looked up at Benton and smiled about six thousand watts worth. "Oh, yes! I will!"

The reception was an inordinate success. Once the caterers had found the right backyard, they did a fine job. Mrs. Corse played the piano for dancing and the guests had the added entertainment of an occasional peek through the garage window at Miss Jackson and five brand-new Irish

setter puppies. Lucy sneaked away long enough to call Dr. Blake and tell him about the eighth integr function and came back beaming like a bride and also a shiny new doctor philosophy.

And then Lucy and Benton were in their car, equipped with the map I had marked for them. I just hoped they could keep their minds on the road here and now long enough to find Yosemite.

Benton had the motor running, but Lucy jumped out and dashed back to hug me. "Phil," she whispered, "I love you." She glanced over at my parents who were standing together at the curb. "Phil, take care of them, will you?"

"You know it, Lucy. Listen, I hope you and Benton will be inordinately happy!"

She laughed and hugged me again. "Philomena, you are something else." She jumped back into the car, and they were gone.

And finally, the guests were gone, too. It was just us, just the family. Mom and Dad and I were collapsed in the living room and Miss Jackson was in the garage, nurturing her young.

Mom was gazing off into space and Dad had that blanked-out look that meant he was thinking either of some musty Supreme Court decision or *Polemonium confertum*. I saw what Lucy meant. Somebody had to look after those two. Somebody had to keep them tied to reality.

"A fine party," my father said absently. "Somewhat confusing, but just fine, in the end."

My mother came back from some other dimension. "It was a beautiful wedding, yes."

"Well!" I said briskly. "One down and one to go!"

They turned and stared at me. I saw it rising slowly in their eyes, the knowledge that I would not be twelve years old forever, that a time would come when my body would catch up with my mind. When I would be as tall as Lucy, and maybe a tenth as beautiful and, please God, as thin. And of a sudden I got this really great feeling that they were seeing me, Philomena Hutchens herself, and that they were going to keep right on seeing me. I was very, very happy.

"Oh, Phillie," my mother said. She smiled, but her eyes filled up with tears. "Oh, Philomena."

"Mom," I said. I went over to hug her. And then I could not resist the temptation. "Don't worry, Mom, I won't be an inordinate problem when get married."

"What do you mean?"

"After all, Mom, I'll just want a simple home wedding."



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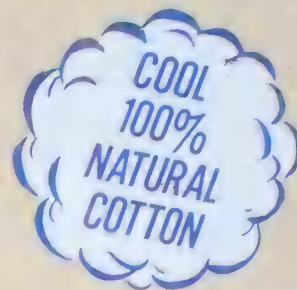
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# 75 Years Ago in the Journal

Welcome summer with a quick and colorful read featuring readers' letters from the *Journal* of June 1907.

**Beauty All Around.** In 1907, as now, the *Journal* kept women up-to-date on the latest in beauty news. Herewith, four tips—still applicable to your beauty regimen—from the letters column, "Pretty Girl Questions."

- Bathing the face in milk nightly, allowing the liquid to dry, will make the skin soft and white. Buttermilk, too, is a beautifier of the complexion.

- A shampoo for dark hair is made of the yolk of one egg; spirits of rosemary, one ounce, and one pint of hot rainwater. The egg is beaten up and stirred into the water. The rosemary is then added. Rub the mixture into the scalp. Rinse the hair with several clear waters.

- A cologne bath for the feet is very refreshing. Massage with oil to tone up sensitive feet.

- For dry skin: When cleansing, use olive oil instead of soap and water. You will soon observe that this treatment will have a beneficial effect.

**Ellis Island.** Servants are largely a thing of the past. But, in 1907, it was not uncommon for housewives to hire extra help, many of whom were new arrivals to this country. This reader's letter—and the *Journal's* response—provide an interesting glimpse at this hiring procedure as handled by the U.S. Government.

Q. How can I hire newly landed immigrants to do general housework? Is there anyone at Ellis Island who furnishes girls for household positions?

A. It is very difficult to secure girls for housework positions at Ellis Island. The Government releases young women only to their friends or to philanthropic societies.

**Bugs Away!** While some insects are a gardener's joy, others are a woe—eating their way through delicate leaves, sturdy roots. Here are solutions from the *Journal* of June 1907 for getting rid of pests on certain plants. Ecology-wise, they may prove more sound than many of today's commercial sprays.

The commonest uses of tobacco-water are for sweet peas, chrysanthemums and herbaceous plants. To make tobacco-water, pour one gallon of boiling water on one pound of tobacco. When cool, apply with a spray.

Kerosene emulsion is used on roses,

hollyhocks, shrubs, also woody vines. Here is the recipe: Two gallons of boiling water, half a pound of hard soap, two gallons of kerosene. Dissolve the soap in boiling water, add kerosene and churn for five or ten minutes. Dilute from ten to twenty-five times before applying.

**Figuring Out Fashion.** Styles may come and go, but fashion advice remains surprisingly the same. From these Q and A's in the 1907 *Journal*, you may discover an answer to your current fashion dilemma.

Q. What style of dress do you consider the most becoming to a short, stout woman?

A. Stout women require more width and spring in their skirts than do slender women. It is a mistake to add horizontal trimmings, as it sacrifices the length of line so much needed.

Q. What will take out the perspiration stains from a silk dress?

A. Perspiration stains are impossible to remove, but you can still make good use of your dress by taking out the sleeves and cutting a large armhole, making a sleeveless jumper dress.

Q. Can you suggest a simple dress for hot summer afternoons?

A. A sheer white dimity with a delicate-colored flowered design is what you must have. —SASHA ANAWALT

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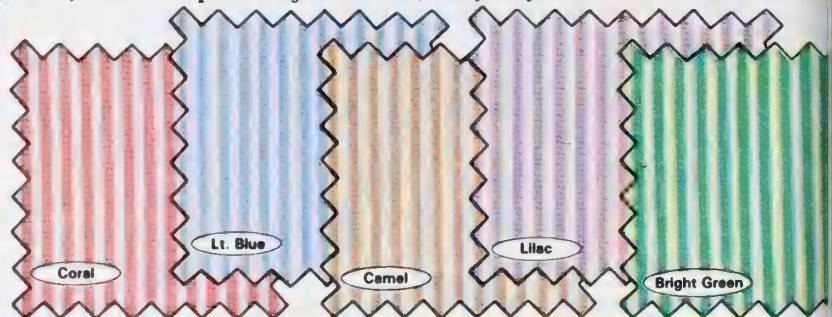
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sat in the sun on the terrace outside her bedroom, Doris began to talk. "I'm fine now. So happy here. It's everything I had dreamed it would be. It's like an award from heaven for all I've been through with this last marriage, the separation and then the divorce, which became final only a few weeks ago. But my philosophy is never to regret the past, and to have no anxieties about the future, because I live only for the now. Today I'm living my life to the fullest, just the way I want it to be."

"But Doris," I said, "you say you never regret the past. Don't you regret those four marriages of yours that failed?"

"No. Not really. They all contributed to my growth as a woman, and something positive came from each one. The first man I married had a Dr. Jekyll-Mr. Hyde personality. But I was very young, only seventeen, and I didn't know that a man could be as sadistic and violent as he was. I suffered, of course, but the good that came from that marriage is my son, Terry, who is my only child and my best friend.

"My second husband, like my first, was a band musician, and that marriage lasted only about eight months. He was just the opposite of my first husband; he was gentle and considerate, and we had a strong physical attraction for each other. But, young as I was, I didn't realize that it takes much more to make a marriage work. It just wasn't meant to be; we were apart a lot because of work, so it ended in divorce. On the way to my wedding, I remember asking myself, 'Why am I doing this?' That kind of feeling should have clued me in, but I went ahead with it anyway.

"I'm a very old-fashioned person. My most persistent dream as a young girl was to get married and live happily ever after with a husband and children I could take care of and cook for... and all those wifey things. Even when I was young I never was ambitious; I never had any drive in me. So I said yes every time any man asked me to get married."

### Something good after all

"And did something good come from our second marriage?"

"Oh, yes. The greatest thing came from it. My second husband introduced me to the precepts of Christian Science. This has been more important to me than anything else in my life."

"Now what about your third time round?"

"Well, Marty was really a father image—the strong, protective figure that

my own father, who left home and then divorced my mother when I was only eleven, never was.

"Marty was protective, and I guess that is what I needed at the time, but he turned me into a dependent child. However, he was very good with my son and my mother. His death hit me very hard, even after I realized that he had dissipated my life's earnings and left me half a million dollars in debt. I really feel that Marty just got mixed up with the wrong people."

"But he was the one who invested your money in oil wells and hotels and all those other risky ventures, wasn't he?" I asked.

"Well, that's what I mean by his consorting with the wrong people—they were the ones who led him into those investments. What a shame that he didn't invest in the things that interested me and that I knew about—like bicycles or clothing or exercise studios. I had developed an (continued)



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exercise program that would have been ideal for a string of studios bearing my name. Also, I shouldn't have permitted him to be my personal manager. That is not the role a husband should play. I should have been with a top agency that would have brought me challenging films to do. Marty just wanted me to keep repeating the successes I had had. So after *Pillow Talk*, he kept putting me into comedy after comedy of the same variety."

"And what were the positive results of this marriage?"

"After Marty's death, I developed a self-sufficiency I never knew I had. It was wonderful to make decisions for the first time. To be on my own, to do a TV show, work on scripts, etc. The main thing is, I finally grew up."

"And my last marriage. Being here, the entire move to Carmel, is the benefit that came from it. I've loved it here ever since I made a movie, *Julie*, on location here. That's how I found this land. That's the one good thing that came out of that relationship. Also, I hope it taught me never to rush foolishly into a marriage again."

"Having had these four failures, how do you feel about marriage today?"

I don't think it's necessary in my life anymore. I can be single and still play house. Of course, if I meet someone very special, I will enjoy that relationship, but marriage is a no-no. It's difficult, it changes the way two people feel about each other. For some reason, it gets old. I do love seeing it work for others, and I suppose it does work for many people, but goodness knows it doesn't work for me. But even those who look like they have a good marriage, how do you really know? It just seems to me now that marriage puts a couple together too much, that it doesn't give them breathing space.

"To survive, you have to be very spiritual, you have to sprout wings—they say angels fly because they take themselves lightly—well, married people just get too damn heavy and pressured. The pressure on the man of being the provider. As you get older you enjoy the peace and quiet of your own company, hoping the phone doesn't ring—at least that's how I feel.

"That is not to say that romance isn't wonderful. It is. It certainly is! When the bells ring and you feel that magnetic something toward a person, there is nothing quite like it, but when the bells stop ringing, that's all right, too, because the marriage can change into a friendly one instead of a

passionate one. But married people seem to panic when they become good friends instead of passionate lovers. They think, 'Oh, God, what is happening here. I don't feel it anymore, but must do my duty.' There's a lot of pretending and faking and it gets to be an embarrassment.

"I'll tell you what I think is the ruin of marriage—sharing any thing. I'm convinced of that. If a husband and wife can possibly afford it they should definitely have separate bathrooms for the sake of their marriage. Nothing causes more friction than one spouse who slops up a bathroom and leaves it that way. . . .

"Just think how eagerly he used to come to the house when you were dating and how he now comes home tired not talking, turning on the television set and camping there. I also think married couple should have separate bedrooms. That's the only way to get the privacy needed for two people to get along. I know that a lot of wives and husbands are going to come screaming at me about this, but believe it, and I am the voice of experience."

### No more marriage

But even with a separate bathroom and bedroom, Doris still does not see herself marrying again—ever.

"No, not marriage. I might fall in love and live with a man, but why get married? What's the point? Why put yourself in the position of having to go on past the stage where your relationship changes? At a certain point in my marriage to Marty, our sex life began to deteriorate. In the beginning it was fine, but after many years of being together it had become meaningless. Good sex requires that each person be aware of the other, a mutually shared experience, but my husband had lost the desire to create the kind of flow that is so vital to making love.

"It's too bad that way back then couples didn't openly go to marriage counselors the way they do now, to discuss such problems—it might have helped my marriage. But as it was, our sex life had lost its meaning for us, and I retreated from it altogether because I'm not one of those women who can pretend to have reactions that they don't feel.

"You know, many women have confided things to me about their sex lives with their husbands. How they fake a reaction to their husbands when they're approached for their once-a-week Saturday night sex act. Some of them can barely stand the thought of having to face those Saturday night. They pretend sleepiness, headache whatever; they much prefer those pretenses to pretending orgasms. Well, that's not for me. I have (continued)

## CAT-ALOG OF CRAFTS

pictured on pages 96-97

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## JUNE RECIPE INDEX

Here is a listing of recipes appearing in this issue including those from the Journal kitchen and advertisements. All have been tested by our home economists.

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## DORIS DAY

continued

never faked a reaction to anything, and I never will.

"So that's why I feel the way I do about marriage. It's a barrier to the freedom I want, the freedom to leave a relationship when its time is up."

In striking contrast to the portrait of Doris as a disintegrating star, I found her to be actively involved with keeping herself in shape—both physically and emotionally. Although she heartily enjoys eating, her body would flatter a woman twenty years younger (Doris is now 58 years old). I asked her how she keeps so trim.

"My day begins at six. I do stretching exercises and aerobics at six-thirty, and swim against the current of my swim machine, which is outdoors. I ride my bike, as I used to in Beverly Hills, and I walk on the Carmel beach. I run or jog around my property with all my dogs, and I also roller-skate on the nearby golf course. I use my body all day long. When I'm not exercising or playing, I'm cleaning or moving furniture or hanging pictures or gardening or whatever. I virtually never sit still. I live like the birds; I get up early and I go to bed early."

The actress is equally rigorous about keeping her mind in shape

through the teachings of her faith.

"And I have a good solid grasp of what I want from life. I know what has value and what doesn't. Of course, that doesn't mean that there aren't nights when life seems a little bleak and I shed a few tears.

"Life has to be up and down—if it weren't down once in a while, how would I know what up is? So I don't pretend. When I'm miserable, I'm miserable, and I tell everybody I come in contact with. I never try to put on a happy face. I deal with it. I try to understand why. I fight my way out of it. And when I'm happy, everybody knows about that, too. So many people stop themselves from feeling good. That's so hard for me to understand. They can't even accept a compliment. God, when I feel good I do pirouettes! If you squelch an emotion inside yourself, how does it get out? What happens to it? Where does it go? I'll tell you where. It shrivels up and dies inside you, but I don't think the human body is equipped for burials. I love every single day, and I concentrate on what is, not what was."

The present for Doris Day is nearly consumed with her fierce devotion to animals. Her main interest is in running the Doris Day Pet Foundation, which is devoted to helping animals that are hungry, homeless or hurt (see page 128). And she is considering opening a store in Carmel that will sell pet supplies and also operate as a thrift shop to benefit the Foundation.

That afternoon, I visited the new quarters that Doris had built for her dogs. In their special kitchen, fresh vegetables and rice for them were steaming in big pots, and the floors were as immaculately maintained as a hospital's. The dogs were divided into groups of three or four to a room and took turns in the exercise yards. Doris was attuned to each of their personalities and took great pleasure from their affectionate response to her presence.

## "A simple life"

"It's a simple life I lead," she said, holding a somewhat French poodle named Biggest on her lap. "I adore simplicity. It's my strength. I like the simple, direct relation I have with my cat and dog family, and let's not forget my bird, Joey. I also enjoy a lovely relationship with the people who work for me—Meg and Sydney—and with the people I've met in the charming little community of Carmel."

With her love for animals, it was ironic that the latest fiasco to befall Doris was the collapsing of the franchising of the Doris Day Pet Stores. "That wasn't my venture at all," she responded. "My ex-husband dealt with that at the beginning of our mar-



age—but I don't want to discuss it. I should have known better than to get involved, but I was gullible. I was lured into it by being told that all the profits would go to my Foundation. That's the only reason I did it. There was nothing in it for me. It was all going to be for the animals. But I just want to forget the whole thing. It's been a very upsetting experience!"

In spite of all her troubles, Doris does seem content now . . . even ready to go back into show business if the opportunity presents itself. "I may go back to work if the right thing comes along. The people who did *McMillan and Wife* offered me a new series that I liked—about a woman who ran a column like Ann Landers—but I was too busy building this house at the time. Everything is timing, isn't it? Now, if a really good show were offered to me, I might do it. And I might sing again. I adored the television specials I did with John Denver and Perry Como."

### Through fire and brimstone

"You know how I feel, Hotch?" she asked me a little later. "I feel like I've passed through all the fire and brimstone and ascended to a clearing somewhere between earth and heaven. My son, Terry, whom I absolutely adore, comes up here very often, as do a lot of my old, dear friends from Beverly Hills."

"I would like to think I have learned all the painful lessons that will make me wiser, but . . . well, I am so impulsive about my heart going out to people, I suppose I'll always be vulnerable. But during the painful and bleak periods I've suffered through these past years, my animal family has been a source of joy and strength to me. I have found that when you are deeply troubled, there are things you get from the silent, devoted companionship of your pets that you can get from no other source."

"I believe that they are here on earth to teach us. They have taught me to be serenely patient, and they have taught me about love—fundamental love, such as Jesus taught. No matter how abusive or inconsiderate its owner has been, a dog will continue to love him."

"And loyalty. I have never found in a human being loyalty comparable to that of any pet. From heart to heart. That's how my pets and I communicate. I tell you this so you understand why I devote so much of my life to them. Perhaps there are people who don't understand my devotion. I would like them to know it is something rich and simple and beautiful. A love as soft and gentle as the summer rain."

End

**Please turn the page for more information on Doris's Pet Foundation.**



JAENDBERF

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# Doris to the rescue

## The Doris Day Pet Foundation

The six-year-old mutt lay crumpled by the side of the road. The car that hit her had broken her pelvis, dislocated her hip and smashed her teeth. But worse, the blow had blinded her, and she whimpered in pain and confusion.

To compound the tragedy, the pathetic stray was pregnant—and it wasn't yet known what damage had been done to her unborn puppies.

The story could have ended here. The dog could have died by the roadside, but fortunately, the person who went to her aid knew just where to take her. . . .

Then there was another stray, who was dumped on the streets of Beverly Hills shortly after birth. The puppy grew wild, dodging traffic, hiding behind bushes, sleeping under cars and searching for morsels of food in dirty, deserted alleys. Never exposed to human kindness, he ran when a concerned woman approached to try to help him. Her repeated attempts to catch him or even get close to him failed.

This went on for months, but finally the woman caught the dog by setting out food with tranquilizers in it. Luckily, she, too, knew where to bring him.

In both cases, the dogs were taken to the Doris Day Pet Foundation, and because of the star's love and concern for animals they are alive and thriving today.

### Helps thousands of pets

Since it was founded by Doris four years ago, the organization has handled more than 12,500 calls about pets needing assistance. A nonprofit organization, it uses its funds specifically to aid "unfortunate animals who would without our help face a tragic death on the streets or euthanasia at a public shelter," explains the actress.

In the case of the pregnant mutt, the Foundation financed all her veterinary expenses and paid for her maintenance in a nearby kennel. When she was brought in, recalls Doris, "We knew she was very special. She adjusted beautifully to her blindness, and her cheerful personality won everyone over." Not surprisingly, the dog was quickly dubbed "Honey."

Honey's puppies were aborted, and as soon as her pelvis healed, she was spayed. The Foundation expected to have the dog as a permanent charge because few people want to adopt a blind animal, but "miracle of miracles," a woman who came to the ken-

nel looking for a pet fell in love with Honey and took her home.

"We have been to visit Honey in her new home, where she has children and other dogs to play with," says Doris. "It is a happy ending to what started as a tragic story."

Finding a home for the Beverly Hills puppy, who was named Lucky, was more difficult. While Honey's cheerful personality made her an easy dog to adopt, Lucky's early experiences had traumatized him. Yet he was no less needing of love.

"He arrived at the kennel a terrified bundle of nerves, who at six months had experienced virtually no human contact," explains Doris. "Lucky had lived his entire life on the streets. He had never known the security of a loving home or had one special person to be his friend and take care of him. He's still frightened and insecure. I'm sure he can't help remembering his days as a stray, when people yelled at him, cars screeched and it seemed that everyone was out to get him."

Now, when people come to see Lucky at the Foundation, he still cowers or hides in his doghouse. And yet, says Doris, "He has so much to offer if someone would only give him a chance."

"We are certain that one day the person will come along who will give Lucky the home and companionship he deserves; but until that time, he'll remain safe with us. Perhaps as a result of this story, someone will come forward to adopt Lucky."

Because of limited funds, the Foundation is forced to turn away many needy animals. "It is all we can do to take care of the pets that we now maintain in private kennels because we do not have the financial means to set up our own nonprofit kennels," says Doris. "It is our goal to be able to establish a pilot animal shelter that can be emulated all over the country, to provide financial aid to deserving local pet shelters and to produce sorely needed educational films."

If you would like to help the Doris Day Pet Foundation, send your tax-deductible contributions to the address below. Every dollar the Foundation receives is spent on the animals; there are no overhead costs.

For contributions over \$10, Doris will send you your choice of the following: a coffee mug with her caricature and autograph on it; a bright red T-shirt with the Pet Foundation logo in white; an album, "You'll Never Walk Alone," of Doris singing her favorite hymns; or an album of Doris singing her favorite popular songs, "Magic of Memories." (Please specify which of the items you want.) The address for contributions is Doris Day Pet Foundation, P.O. Box 8166, Universal City, Calif. 91608. **End**



"Don't bother to smile. Harvey's pictures never turn out."



**"Gee Mom,  
I don't have a  
sandwich appetite."**



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**A sandwich is a sandwich, but a Manwich® is a meal.**



hearing comments like 'I've never felt better' and 'I'd never go back to being twenty again.'"

Indeed, the general outlook of middle-aged women seems to have improved in the last generation. In 1954, as part of the now-classic Midtown Manhattan study, social scientists interviewed 1,660 men and women between the ages of 20 and 59 from the general population to determine their mental health. Then, twenty years later, researchers re-interviewed nearly half of the original subjects. They found that while the mental health of men aged 40 to 49 in 1954 and 1974 had, on the average, stayed the same, the mental health of women in that age group had significantly improved. Researchers in 1954 classified 21 percent of the women aged 40 to 49 as emotionally impaired, but 20 years later that number dropped to 8 percent—compared with 9 percent for the men. In another study, researchers at the National Center for Health Statistics not only found that women over forty were psychologically better off than women of that age had been in a survey twelve years earlier, but that younger women were worse off, more apt to experience a nervous breakdown.

What accounts for this encouraging change for mid-life women? Part of the answer is better health and increased life expectancy. A woman born in 1940 is statistically likely to live 20 years longer than her grandmother did and have at least one less child—which makes her 40s and 50s seem more like a time for starting up than winding down. Another major factor is the women's movement. Whether a woman considers herself a feminist or not, the climate of "liberation" is likely to make her reevaluate her own life in relation to her family as well as to work.

### Potential for trauma

The reevaluation isn't always easy. "The middle years have a potential for trauma. Just the fact that a person is getting older can put her in a spin," says Dr. Sol Landau, executive director of Mid/Life Services Foundation, a counseling service in Miami. "But mid-life can also be a time of renewal. *You*, the individual, make the choice."

Betty Swenson made that choice. Married at 19, she was a devoted wife and mother who raised three children. But as her kids got older, Betty began to have a nagging feeling that she wanted something more. "I was already an expert at running a house," she says. "I could starch and

iron a shirt in seven minutes flat and make any kind of bread. There wasn't much left I could learn about homemaking. But I had lots of energy and enthusiasm and wanted to continue to grow."

She went back to college and graduated at age 40. For a while, she worked as a temporary secretary and a substitute teacher, but her husband, a corporate executive, was frequently transferred. The many moves, as well as her own fears and indecisions about what she really wanted to do, kept her from developing a solid career. After a recent transfer to the East Coast, however, her husband went through a mid-life crisis of his own and said he wanted a divorce. "At first I was hurt," remembers Betty, "but then I got mad. I said, 'You're not going to split until I can support myself.'"

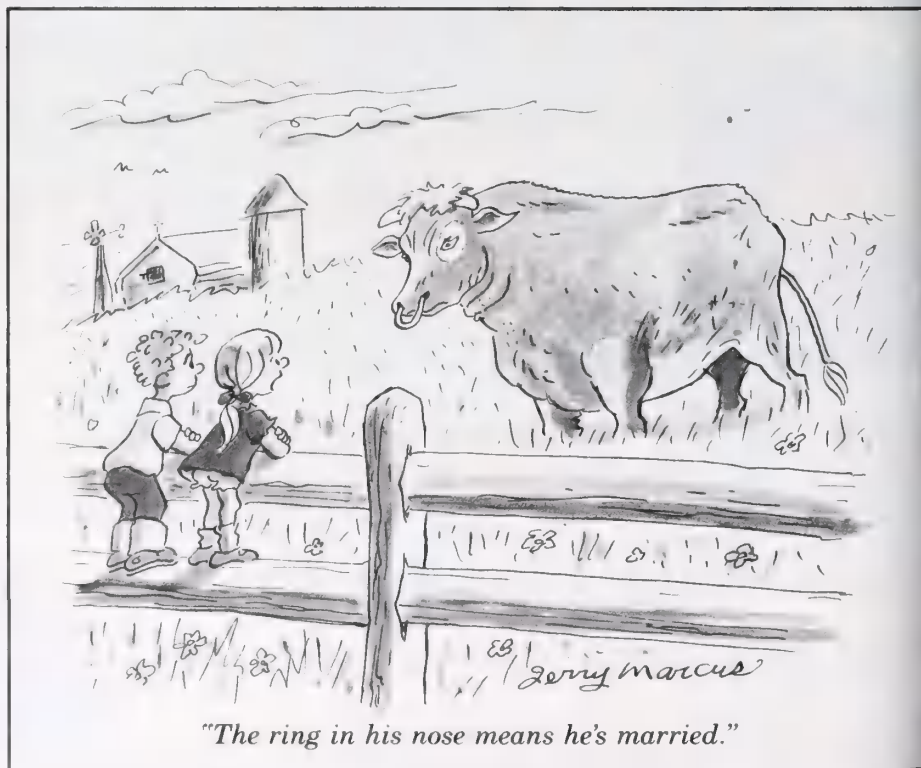
After considering different types of work, Betty decided to take up computer programming because it was a growing field. She enrolled in courses at a local technical school and became fascinated with the subject. With time, her marriage began to improve, which Betty attributes at least in part to her moves toward independence. "My husband felt relieved that someone else would be contributing to the family coffers," she says. "Besides, being busy and active, I was a much happier person to be around." In taking up her new field, Betty also tapped skills in math and logic she never realized she had. "I'm so excited I can do the work," she says. "It really makes me feel good about myself."

Betty's reaction is not surprising. According to the Baruch and Barnett

study, occupational status—even more than marital status—was found to enhance woman's overall feeling of well-being. "Paid work was the only predictor of a sense of mastery," says Dr. Barnett. The highest scorers in their study were women in high-prestige jobs who were also married and had children. While these "superwomen" often felt stress, Barnett says there seemed to be "more gain than pain" from the multiple roles.

The better the job, the better a woman is apt to feel about herself, but women in non-prestigious work seem to be faring relatively well, too. According to Dr. Elizabeth Douvan, a psychologist at the University of Michigan, surveys that she and colleagues conducted in 1957 and 1976 show that women value work more than they used to and garner gratification not only from job status but also from interpersonal relationships and the fact that they feel needed. A job, says Dr. Douvan, puts a woman in contact with other people, and gives her a sense of commitment and autonomy. Bringing home a paycheck helps, too. "In many instances today, a working wife keeps the family in the middle class," says Bernice Sandler, director of the Project on the Status and Education of Women at the Association of American Colleges. "When part of the money is hers, the wife is more likely to share in the decision-making. The marriage may become more of a partnership."

To help themselves in the job market, says Sandler, many women at mid-life have been returning to school. From 1972 to 1980, according to the U.S. Census Bureau, the (continued)



"The ring in his nose means he's married."



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number of women over 35 enrolled in colleges has increased by 92 percent. Many of these re-entry women, however, must cope with sometimes paralyzing fears. "When a teacher would tell me to study something and come to conclusions about the material, my mind would shut down with a loud thud," says Claire McLane, 44, who started college in her late 30s after a divorce. "Then I realized that 'study' was what I had been doing every year when I looked for a camp for the kids. You figure out what they want and you research what's available." Claire went on to get a graduate degree in human resource development and is director of a paralegal studies program at a New York City college. "Now I have confidence in myself," says Claire, with a toss of her loose, wavy hair. "I know I'm worthwhile."

For some women, school and work are opportunities not only for their own personal growth but for providing role models for their children. Virginia Hodge, a 55-year-old woman with short, curly hair, explains how her teenagers had been involved in the rebellions of the 1960s and had developed some severe psychological problems. "I didn't think I could help them or tell them to get their lives in order if I wasn't living optimally myself," she says. Despite repeated attempts to improve her marriage, Virginia's relationship with her husband had become very strained. She says they increasingly disagreed on everything—from political issues to how to raise the children. After a particularly angry argument between Virginia and her husband, one of her children told her she was acting like a witch. "I thought about that and knew he was right," she says. "I realized I could no longer be the kind of person I wanted to be in that marriage."

Virginia left her husband and moved into her own apartment. She started working as a receptionist, then a gal Friday, until she was laid off. "One day I found myself in a sleet storm without a winter coat. I had one month's money and was standing in an unemployment line," says Virginia. "It was one of the real downers of my life."

Eventually Virginia found a job as an admitting officer in a hospital. She worked nights and went to graduate





school during the day, majoring in psychology. Now she's director of admissions at a Washington, D.C., hospital and earns \$23,000 a year. "My real measure of success," says Virginia, sitting in her office with her diplomas on the wall, "is that one child, who was so messed up I had practically written him off, was able to pull himself together. He later told me: 'Mom, I did it because I saw you change. I knew it could be done.'" With her main goal accomplished, Virginia says she now has a "sense of completeness. I'm more at peace with myself."

Work isn't the only path to peace, however. The Baruch and Barnett study showed that many women are leading satisfying lives whether they are employed or at home, single or married, have or don't have children. Although married women at home scored low in self-esteem, they did well in terms of happiness, optimism and life satisfaction. A mother of six, Bea Milligan, 45, of Edmond, Oklahoma, was sensitive about being "just a housewife" when she was younger, but she isn't anymore. "Now I have a little more perspective," she says. "If someone puts down housewives, I usually just laugh at their lack of knowledge."

### Empty-nest syndrome

Traditionally, the middle-aged woman has been stereotyped as depressed when the children leave home, suffering from the so-called "empty-nest syndrome." But in the Baruch and Barnett study, 74 percent of the women interviewed said the independence of their children was *not* an overriding concern. This jibes with the findings of other psychologists. While the departure of children may bring an anxiety about one's identity, says Dr. Rubin, "the dominant emotion is relief. The lonely, pathetic woman sitting in a forlorn heap is a myth."

Once the children are gone, many couples finally have the time to get reacquainted. Sarah Solmor, 53, of Metuchen, N.J., and her husband take walking tours together, go to museums, are members of a play-reading group and have begun to travel extensively. "We never did so much before," says Sarah. "This just evolved as the youngest left home." And while four of Bea Milligan's six children are now living away, she isn't bothered. Bea's planning to run for the school board, join the League of Women Voters and—"now that the house is quiet"—earn to play the guitar.

Menopause, another presumed time of crisis, also seems to be losing its stigma as women become more educated about health matters. "I hear fewer of the old myths," says Dr. Sherwin A. Kaufman, a New York gynecologist and the author (continued)

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of *Sexual Sabotage*, a book about enjoying sex in spite of physical and emotional problems. "Many women no longer think they'll shrivel up or have to conclude their sex lives at menopause." According to Dr. Barnett, the women in her study thought of menopause essentially as a non-event. "Some had problems with it," she says, "but most were ready for it." Some women even look forward to the cessation of the menstrual cycle. "Menopause doesn't scare me a whit," laughs Bea Milligan. "It actually sounds good. I've had enough of this bother."

Physical activity is also a boon to middle age. With all the recent concern about exercise and diets, the old saying, "Fat, female and forty" is going the way of the corset. One instructor at a Jack La Lanne Health Spa in Manhattan says that several years ago, an exercise class of twenty-two would include an average of maybe three women over 35. Now, middle-aged women make up about 50 percent of his classes. "I'm fifty-seven and I work out three times a week at a women's gym," says Dr. Rubin. "Several years ago it would never have occurred to me to lift weights."

As a result of their newfound interest in fitness, women are looking and acting younger. "The junior department in a store used to be just for the bubble-gum set," says one sportswear company executive. "Now you'll find plenty of trim, older women buying clothes there." According to Annette Golden, senior vice president of creative marketing at Revlon, Inc., middle-aged women are using cosmetics and fragrances more frequently than they used to. "It's part of a change in grooming," says Golden. "Women want to feel good about themselves longer."

For Sarah Solmor, the change came when she started her job as a social worker. "I used to have makeup around for ten years. I was a housewife. Where was I going? Now I get dressed up every morning," says Sarah, wearing high heels and a stylish Indian print dress. "I think of myself as more with today."

To some degree, that's because today is more with her. The median age has increased over the last few decades as people live longer and have fewer children. In addition, the post-World War II baby boom is beginning to gray at the temples. The largest generation in American history, the baby boomers made the U.S. child-oriented in the 1950s and youth-directed in the 1960s; they're expected to do the same for mid-life in the 1980s and beyond. "Statistically, we're over the youth boom," says Eleanor Holtzman, director of Re-

## Making the Most of Mid-Life

While the mood of middle-aged women in general is ever more positive, special problems still present themselves at this life stage. Fortunately, however, the same climate of concern over women's issues that has fostered a greater sense of well-being and pride in those over 40 has also caused the growth of organizations designed to help with common trouble spots.

• *Catalyst* was started in 1962 to promote employment options for women. The organization has approximately 250 affiliates around the country. Each of these affiliates perform either one-on-one or group career counseling. For a free directory of career resource centers, write to: *Catalyst*, 14 East 60th St., New York, N.Y. 10022.

• *The Clairol Scholarship Program* awards approximately 150 grants of up to \$1,000 every year to women over 30. Applicants may be planning to attend vocational, undergraduate or graduate schools and must have a definite career goal in mind. Applications for the spring 1983 scholarship awards will be available starting July 15, 1982. The deadline for filing is October 1. For an application, write: Clairol Loving Care Scholarship Program, c/o Business and Professional Women's Foundation, 2012 Massachusetts Ave., Washington, D.C. 20036.

Clairol also offers a free booklet listing scholarships and loan funds specifically for women. Write: Educational Financial Aid Sources for Women, P.O. Box 14680, Baltimore, Md. 21268.

• *Displaced Homemakers Network, Inc.* has more than 400 programs nationwide, financed by government

and private sources, that offer group support sessions, skills training and job placement assistance for women who have been out of the labor force for a number of years and are widowed or divorced or whose husbands are disabled. Most of the programs are located at YWCA's, women's centers, vocational-technical schools or colleges. Check your local white pages or send a stamped, self-addressed envelope to: Displaced Homemakers Network, Inc., 755 8th St. NW, Washington, D.C. 20001.

• *The Older Women's League (OWL)*, founded in 1980, is the first national grass-roots organization dealing solely with the problems of women over 45. Its goals are to create easier access to health insurance and to make Social Security and pension rights more equitable. Members of the 60 OWL chapters meet regularly for personal support and to work on political aims. For more information, contact: The Older Women's League, 3800 Harrison St., Oakland, Ca. 94611.

• *Resources on Menopause*: Many women's health centers and YWCA's run menopause counseling and discussion groups. Check your phone book for the center nearest you. For a packet of articles and fact sheets on estrogen therapy and other menopause-related topics, send \$3 to: The Menopause Collective, The Boston Women's Health Book Collective, P.O. Box 192, West Somerville, Mass. 02144. Books on the subject include: *Menopause: A Positive Approach*, by Rosetta Reitz, \$3.95, Penguin Books; and *The Menopause Book*, written by eight women doctors and edited by Louisa Rose, \$5.95, Hawthorn Books.



"This should be really good. It's all icing."



search USA at McCann Erickson Inc., an advertising agency. "Now everyone is taking a new look at mid-life. That's where the big numbers will be." Soft drinks, for example, were once considered a teen product but are now being targeted for the 25 to 49 age group.

To appeal to an older audience, advertisers are beginning to use older models. According to Claudia Black, director of the Classic Women Division at Ford Models, Inc., mature-looking women, occasionally with a hint of gray, are being used in ads for so-called executive items such as expensive liquors and automobiles that were once considered "for men only." Black says that requests for female models aged 35 to 55 have increased 30 percent in the last three years. "The average working life span of a model used to be sixteen to twenty-five," she says. "Now a good model can continue her career into her fifties."

### No lined faces

A glamorous older female model is limited primarily to print ads, however, at least for the time being. Television still uses mature-looking women mainly for such products as cleansers and some health aids. "You'd think we were the only people who suffer from constipation or tired blood," says Laurie Shields, one of the founders of the Older Women's League, a national organization that is dedicated to bringing attention to the needs of women over 45. Shields also points out that few middle-aged women appear on the TV news. While many male newscasters have lined faces and balding heads—presumably indicating experience and wisdom—there are few female correspondents past 40 and certainly none with lined faces. "There's Barbara Walters, but few women are coming up behind her," says Shields. "All these things mold society's image."

Today's middle-aged woman, however, is not so easily molded. "Instead of looking toward the young as trend setters," says Ann Clurman, a vice president at the market research firm Yankelovich, Skelley and White, "middle-aged women are looking toward their peer group, especially in fashion and beauty. Women are saying: 'It's not that I have to look young, but rather I have to be the best looking whatever I am.'" Clurman thinks this attitude is in part the result of the questioning and experimenting of the women's movement. It also helps that there are so many knockout older role models. For instance, Angie Dickinson, 49, the actress, is sleek and sexy in her ads for the avocado industry. And Lena Horne, as elegant as ever, has been appearing on Broadway for a year in a one-woman show—at age 64.



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*Alex & Susan Clark Karras*

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In many respects, age is becoming increasingly irrelevant. According to Dr. Bernice Neugarten, professor of education and sociology at Northwestern University, the established social clocks are no longer operating. Society has gotten used to the 70-year-old student, the 50-year-old retiree and the late-in-life new mother. Peggy Thomas, 43, explains, "I'd always pictured forty as a stodgy, stale time of life, but when I hit it, I had a five-month-old baby and I was really up." Peggy had worked as a research assistant and sociology professor before having her first child four years ago. "I was nursing a baby at an age when others start to think of being grandparents," she says.

Whether a woman thinks of herself as grandmother, mother or re-entry student, middle age these days offers more possibilities than ever before. The worn cliché "life begins at forty" has taken on fresh meanings. While opportunities are not unlimited and developing untapped potential may not be easy, more and more women are doing so. They've crashed the work force, weathered divorce and minimized menopause. For themselves and for the next generation, they've helped improve the image of life at the mid-way point. "These are wonderful years," says Sarah Solmor, 53. "I've gone through so much living and growing. I'm simply delighted to be where I am now."

**End**



## La Vieille Maison

### LOBSTER BISQUE pictured on page 93

- |                                |                               |
|--------------------------------|-------------------------------|
| 1 (2 lbs.) live lobster        | ¼ cup long-grain rice         |
| 2 quarts water                 | 6 peppercorns                 |
| ½ cup butter, divided          | 1 bay leaf                    |
| 1 small onion, finely chopped  | ¼ teaspoon thyme              |
| 1 celery rib, finely chopped   | ¼ teaspoon salt               |
| 1 small carrot, finely chopped | ½ cup brandy                  |
| 1 cup white wine               | 1 cup heavy or whipping cream |
| ½ cup tomato purée             |                               |

Place live lobster on cutting surface with back side down. Using a sharp knife, cut lobster in half at joint between body and tail. Cut off large claws and small legs on each side of body.

Bring water to a boil and cook lobster tail and claws 10 minutes. Remove lobster and reduce cooking liquid by half (1 quart) by boiling uncovered about 15 minutes. Reserve cooking liquid.

Remove meat from claws and tail, then dice; set aside.

In large saucepan melt 4 tablespoons butter. Chop body (including tomalley) into small pieces and sauté with onion, celery and carrot over medium heat for 10 minutes or until lobster turns pink. Add reserved cooking liquid, wine, tomato purée, rice and seasonings. Simmer 45 minutes. Remove shells and press soup and vegetables through a food mill. Pour into blender container; cover and blend until smooth.

Return soup to saucepan and add brandy. Bring to a boil over medium heat, stirring occasionally. Check seasoning and add remaining 4 tablespoons butter, cream and reserved lobster meat. Heat through (do not boil). Makes about 6 cups, about 190 calories per ½-cup serving.

### CREVETTES AU PERNOD (Shrimp with Pernod Sauce)

- |   |   |
|---|---|
| 2 medium green peppers, julienned   | 2 ripe tomatoes, peeled, seeded and chopped or 1 can (16 oz.) whole tomatoes, drained, seeded and chopped |
| 1 very large sweet onion, julienned                                       | 2 tablespoons meat glaze or well reduced brown sauce (optional)   |
| ½ cup olive oil   | ½ cup cold, unsalted butter, cut into small pieces  |
| 2 pounds jumbo raw shrimp, peeled and deveined (under 10 to 15 per pound) | Rice pilaf  |
| ¼ teaspoon salt   |   |
| Freshly ground pepper   |   |
| ¼ cup Pernod  |   |
| 4 garlic cloves, crushed  |   |

In large skillet with sloping sides sauté peppers and onions in oil over high heat about 3 to 4 minutes, shaking pan vigorously to toss vegetables. They should start browning but still be raw when you add shrimp. Add shrimp, salt and at least 8 turns of the pepper mill. Continue to sauté about 3 to 5 more minutes or until done. Pour Pernod over shrimp and ignite. When flames subside, add garlic, tomatoes and meat glaze, if desired. Toss vegetables 2 to 3 minutes.

With slotted spoon remove vegetables and shrimp; set aside. Over high heat reduce pan juices by half. Reduce heat to medium, return vegetables and shrimp and scatter butter over them. Gently stir mixture with rubber spatula until butter has just melted and has coated vegetables and shrimp to form a slightly thick sauce. (Make sure temperature is not too hot—it will break down the butter and the sauce will be too thin.) Serve at once on warm plates with rice pilaf. Makes 4 servings, about 690 calories each without rice.

**End**

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### Garden Delight Potato Salad

- |   |                            |
|---|----------------------------|
| 1 can (16 oz.) VEG-ALL Mixed Vegetables                 | 6 salami slices            |
| 2 cups diced cooked potatoes                            | 3 hard cooked eggs, sliced |
| ¼ cup sliced green peppers                              | ¼ cup mayonnaise           |
| ¼ cup diced sweet pickle                                | 2 teaspoons horseradish    |
| 1 bunch green onions (cut into ¼" pieces, include tops) | 1 dash hot pepper sauce    |
|   | 1¼ teaspoon salt           |
|   | lettuce leaves             |

Drain VEG-ALL thoroughly and combine with diced potatoes, green pepper, sweet pickle, green onions, four slices of salami strips, and two of the hard cooked eggs; chill thoroughly. Mix together mayonnaise, horseradish, hot pepper sauce and salt. Add to chilled VEG-ALL mixture; toss lightly. Line a chilled salad bowl with crisp greens, fill with salad. Garnish with remaining salami and egg slices. Serves 4 to 6.



## Prime sites for burns

Prime areas for sunburn are those exposed every day (they're also where skin cancer often turns up). Especially in summer, apply protection—daily—to face (around eyes, nose, top of lip in particular), backs of hands, shoulders, collar "V," chest, tops of ears, hair-part. Remember when you're sunbathing to apply sunscreen to less often exposed areas such as back, ankles and feet; a burn on these spots comes on quickly and can be very painful.

## If you do burn . . .

"There's no excuse for a sunburn," says Dr. Stephen B. Kurtin, assistant clinical professor of dermatology at New York's Mt. Sinai School of Medicine. "If you've burned your skin, you've done something wrong." Blistering of the skin calls for professional medical attention to prevent infection and scarring. Redness alone can be made less painful, Dr. Kurtin tells us, if heat is drawn from the skin—fast. What to do: Lie down with compresses on burned skin (soak a towel or soft cloth with a solution of 1 part milk to 3 parts cool water). Apply fresh compresses for a few hours or until heat dissipates. For an allover burn, relax in a tub filled with cool water plus a gallon of milk. In addition, take two aspirin every four hours to reduce pain and inflammation.

Before bed or once skin feels cool, help prevent peeling by smoothing on moisturizing lotion. Never apply oil or thick cream to a burn, as these may trap heat in skin and aggravate the inflammation.

## On the sunny side

The sun isn't all bad. In fact, positive effects include a healthy dose of vitamin D that lasts all year. And, according to Dr. Kurtin, sun in small doses may help clear up acne and other skin conditions. A big plus: Humid summer air is ideal for dry skin—keeps it moist, supple. Because of this, you might switch to a lighter moisturizing fluid during the warmer months.

## Cosmetics and the sun

If makeup makes you feel better in the sun, wear it, but choose colors wisely. What works for stable indoor light or cooler temperatures may change color with each shift of the sun. Harsh sunlight intensifies the effect of makeup, so that all colors, especially frosted shades, may look garish.

Best forms of makeup for the heat of summer are powders and gels. Pass up foundation on a warm day because it can streak from perspiration. Pat cover-up stick over sun-accentuated flaws instead. And do take advantage of cosmetics that contain sunscreen. For a prolonged stay outdoors or for sunbathing, apply a stronger, non-greasy sunscreen to complexion as a

base and let it set 15 minutes so it won't smear when you apply the rest of your makeup.

Many women complain that mascara irritates their eyes in the sun. The culprit (especially if you're exercising) is probably not mascara at all, but the salt from your own perspiration. Wearing a cotton sweatband low on the forehead helps.

Another sun problem is this: In some instances, wearing fragrance, toner or astringent in the sun creates a photosensitizing reaction. The result can be a bad burn or uneven pigmentation of the skin. If you're sensitive to alcohol or fragrance, save it for evening wear.

## Exercise and the sun

The feeling of euphoria that you get from the sun's rays makes outdoor exercise seem easier, but since you do perspire more, you may find that you tire more quickly.

Dr. Norman Scott, attending orthopedic surgeon at New York's Lenox Hill Hospital and consultant to the Institute of Sports Medicine, tells us that heavy perspiration, particularly during exercise, changes your body's fluid balance so muscles may be more prone to cramps. To compensate, keep well hydrated. Replace perspiration by drinking as much water as you'd like—or until thirst is quenched—during and after sports. Salt pills and sweet drinks make you more thirsty and don't hydrate your body fast enough. **End**

## COLLEGE CRISIS

continued from page 52

University, a private school in Connecticut, has announced that it must modify its policy of admitting students regardless of their ability to pay. Other universities are also expected to make changes in their admissions policies.

Some officials fear that many students just won't go on to college. According to Phil Wick, director of financial aid at Williams College in Massachusetts, the availability of the GSL has kept students applying to colleges for the past few years. "Although many families may still be eligible [for the GSL] next year, the damage has already been done," he says. "Parents think, 'Why should I make the commitment to send my kid to college if the financial aid rug keeps getting pulled out from under my feet?'"

Milton Heimlich, founder of the New York-based Financial Aid for Colleges and Technical Schools, agrees. "The budget cuts are already deterring students from applying to college," he says. "I predict that there will be a whole generation of kids, even low-income ones who generally

have received aid, that just won't go to college. That will bring a sharp rise in unemployment and crime. You don't need much imagination to guess how far these kids will go with just a high school diploma."

With fewer students applying, colleges themselves will be hurt. For many private institutions without hefty endowments or a steady flow of tuition and federal aid, their very survival is at stake. Their options are to raise tuition still higher, cut programs, seek more state and private funding—or close their doors.

### State schools hurt, too

Schools supported by state tax dollars won't close down, but they can't meet rising costs, either. To get by, explains Allan Oster, president of the American Association of State Colleges and Universities, state schools are not increasing salaries and therefore are losing talented teachers to better-paying industry jobs. State colleges are raising tuitions and imposing fees. They are deferring facility maintenance, which means an eventual loss in building investment, and are putting off purchasing equipment

and modernizing inadequate libraries.

Worse yet, adds Oster, many state universities can't possibly expand to meet the expected influx of students shifting from more expensive private schools. "The state universities can't take more students because they don't have the funds," he says. "We are already putting limits on enrollments because we can't increase the size of dorms, libraries or faculty. When state institutions are up against it, that's a pretty serious matter."

The long-term effects of today's college crisis are indeed troubling. As the world becomes more complex, society needs more highly educated citizens, not fewer. "By not supporting higher education, both public and private, we are going to be bankrupting our country. We will not be investing in our human capital," says Dr. Harold Delaney, executive vice president of the American Association of State Colleges and Universities.

"Education is our most important commodity," sums up Joseph Sciamé, financial aid director of St. John's University in New York. "Without an educated society, our country is in trouble." **End**



# NEXT MONTH IN LADIES' HOME Journal

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A frank report on the forgotten pleasures and perennial problems of the traditional marriage.

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Crowd-pleasing buffet and barbecue menus for warm-weather get-togethers.

## The Prodigal Daughter

An irresistibly good read by the author of *Kane and Abel*.

## A Grateful Response

Ed. Note: In our September, 1981 issue, we excerpted Sharon Waller's book, *Circle of Hope*, the story of how she and her husband fought to save their daughter Jobi from cancer. This letter was received from the author.

Since the September issue of LHJ went on sale, I've been flooded with letters and calls from people all over the country. The subjects about which I'm approached vary, but each begins the same way: "I just want to thank you for writing your book."

One instance remains particularly keen in my memory. I spoke to the mother of a teen-age boy who had osteogenic sarcoma, the same kind of bone cancer which Jobi had suffered from. The woman refused to listen to the doctor who wanted to amputate her son's leg. Instead, she took him elsewhere, and a new kind of surgery was performed to remove the tumor. His leg was saved and he is well. The two of us cried with joy for her son. Then we realized our children were the same age, and our tears turned to chuckles as we began matchmaking.

I could relate a hundred incidents like this. Some of the stories tear me apart, some of them touch my heart, but all of them make me glad I wrote *Circle of Hope*. Thank you, LHJ, for making it all happen.

## Decorating Ideas

The tips on how to solve decorating problems in the March 1982 issue was a real godsend. The design of my living room, like the one pictured on page 99, makes it a traffic controller's nightmare, but your hints have given me some great ideas on how to solve the circulation problem. I particularly liked the furniture pictured in that spread. Where can I find it?—Ann Field, Norfolk, Va.

**Ed. Note:** All of the furniture in that picture was provided by Ethan Allen, Inc. For the location of the showroom nearest you, call their Consumer Affairs Office at (203) 743-8546.

## Jane Fonda

Even after reading your February 1982 article on Jane Fonda, I cannot help disliking the woman. In my opinion, her shining talents as actress and mother are tarnished by her anti-American crusades during the Vietnam era. Also, for a woman who denounces the free enterprise system, Ms. Fonda certainly seems to be using the same to the best of her advantage to market her new exercise and fitness program. In all, it is distressing to me that LHJ considers Jane Fonda worthy of a featured profile—Marie Elli, Bellingham, Wash.

## Junkie Doctors

I found your March 1982 article "Medical Menace: Doctors Hooked on Drugs" extremely thought-provoking, as I once knew a young cardiologist with this problem. While I dated this man, his dependence on drugs was slowly ruining an outstanding medical practice. Had I been better informed, perhaps I could have directed him to seek help through the rehabilitation program for impaired physicians run by the American Medical Association. I wish I had known, for this year his problem grew worse, and one day the Demerol he had been taking killed him.

He was a brilliant and sensitive doctor. I only hope that the AMA will deal more effectively with this problem in the future, for physicians are not immune to needing help and understanding.—Suzanne Smith, Beverly Hills, Calif.

We regret that the wrong address was given for the American Health Care Association (AHCA) in "When Mom and Dad Need Help" (March 1982). The correct address is: 1200 15th St., N.W., Dept. LHJ, Washington, D.C. 20005.

Please address letters to Li Dwork, *Ladies' Home Journal*, 641 Lexington Ave., N.Y., N.Y. 10022. We regret that we cannot reply to every letter.



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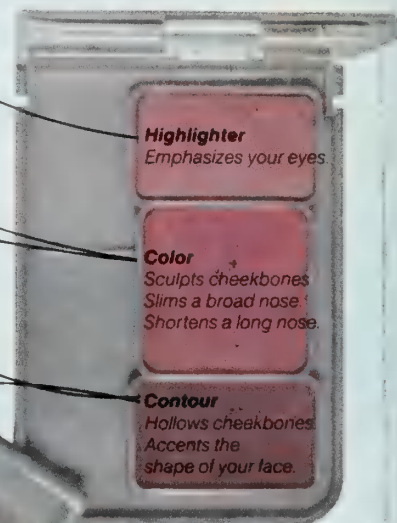
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